

EXPERIENCE JAPAN IN NEW YORK CITY

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Jan. 2010
vol. 033

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with a comprehensive list



SPECIAL INTERVIEW

Harumi Kurihara
(Chef / Cookbook Author)

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Harumi Kurihara is the most adored celebrity homemaker in Japan, hosting TV shows, writing cookbooks, running a restaurant, and providing lifestyle ideas. While visiting New York, she chatted with Chopsticks NY about Japanese home-style cooking.



© Noboru Iizumi

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"IN THIS NEW COOKBOOK, I PROPOSE TO START COOKING JAPANESE FOOD WITH A BOTTLE OF SOY SAUCE."

— HARUMI KURIHARA

Photo by Nobuyuki Matsushige



HARUMI KURIHARA

Born in Shiroishi, Japan. Often described as the "Martha Stewart of Japan," Harumi Kurihara has been working for restaurants and magazines, appearing on TV shows, and running her restaurant and travel studio for over 20 years. She started her own job when she was a single mom. Her famous-oriented cooking and lifestyle ideas appeal to adult audiences. Her cookbooks are always best-sellers. In 2006, she became the first Japanese to receive a "Gourmand World Cookbook Award" in the U.S. theme of her cookbooks have been published: *Harumi's Japanese Cooking: More than 75 Authentic and Contemporary Recipes from Japan's Most Popular Cooking Expert*; *Harumi's Japanese Home Cooking: Simple, Elegant Recipes for Contemporary Times*; and *Five Mystery Harumi's Off-the-Cuff*. www.puf.com/japanesecooking (Japanese only).

*Harumi Kurihara is the most adored celebrity homemaker in Japan, hosting TV shows, writing cookbooks, running a restaurant, and providing lifestyle ideas. While visiting New York to promote her cookbook *Everyday Harumi*, which was published in the U.S., she chatted with Chopsticks NY about Japanese home-style cooking.*

Would you tell us about your new cookbook?

My first two cookbooks published outside of Japan were re-edited versions of my cookbooks already published in Japan. However, this time, along with English editorial staff, I created 80-70 recipes from scratch using ingredients available in England. I think these English ingredients we also on hand here in the U.S., so I give my 100% guarantee that you can make the recipes. Also, I tried to keep them as simple as possible.

Have you had difficulty finding common Japanese ingredients outside of the country?

Basically no. But sometimes they only have different varieties, and in those cases I tried to maximize their features. For example, Japanese carrots and those in England and America are very different. To tell you the truth, I prefer non-Japanese ones because they're finer. They're actually too fine to shred unless you have a very sharp knife. But if you grate them, you can get a nice carrot topping. You should press hard when grating in order to get a grainy texture; then sprinkle the grated toppings on store-bought salads, and eat it with original dressing made from soy sauce and freshly squeezed lemon juice. Since the dressing is all-fish, it's healthier than French dressing and mayonnaise. Also, the color of the carrot topping attracts your appetite. Even if you don't like the sour flavor of lemon juice, the

sweetness from the carrot reduces its tartness. So the idea is simple, but it makes a huge difference in terms of "eating well."

Would you list some Japanese seasonings that are essential for Japanese cuisine?

When I write the first cookbook, I was kind of proposing something like this. You can cook Japanese food as long as you have this kind of tool and follow my recipes. But I realized that this would cause problems. Since there are many quite Japanese seasonings available in every country, it's hard for the people there to tell which ones have authentic Japanese flavor. Also once people start stocking Japanese seasonings like soy sauce, men and miso, they tend to think, "Oh, I went katsu-kuji powder, katsuobushi (dried bonito), leek, leek (dried leek), etc., and it never ends."

So, in this new cookbook, I propose that you start cooking Japanese food with a bottle of soy sauce. For example, people in England eat breaded pork cutlet with lemon and mustard, but it's okay to not use lemon and soy sauce. Also, ginger pork is best with a sauce including miso, but it does not necessarily need miso and you can make the sauce with soy sauce and sugar if you want. If you have any sauce, your cooking repertoire will be broadened just by adding regular spices, herbs and ingredients such as garlic, ginger, and scallions. I don't want people to think, "I can't reproduce this real flavor of this Japanese dish since I don't have the exact ingredients that are necessary." Instead of that, you should be confident in the flavor you create from whatever you have on hand. That is what I concluded this time around.

Speaking of Japanese-style food presentation, do you have any tips that we can apply easily?

Yes. First, take your set of chopsticks and saucers and divide the saucers from the chopsticks. Then use the saucers as serving plates.

What's important here is to serve small portions?

That's right. It's easy, isn't it?

In Japan you are known as a celebrity home-cooking maker who creates home-cooking recipes. What is the heart of your home cooking? To make use of leftovers.

Would you share your secret for that?

Well, I always check what's in the freezer and refrigerator. I make it a rule to take a close look at what's left there on Fridays. To complete this self-imposed mission, I try to avoid dining out and dinner meetings. Due to the nature of my job, it's not unusual that only a small amount of ingredients are left. Since cleaning out the fridge is my highest priority, I try not to buy as much food in weekends, even though I have guests to treat with my homemade dishes. I build up a food serving plan based first on your leftovers, and then go shopping if necessary.

That means the weekend meals at your house must contain lots of leftovers!

Exactly. Interestingly enough, I easily come up with good recipes in this situation. The most popular recipes are the ones that were born from this leftover cleaning. I think everyone can identify with this by just looking at such recipes and thinking, "Kuniharu must have had leftover canned tuna in the fridge," or something like that. The editor-in-chief of my personal magazine sometimes lets top ranking recipes from my repertoire, and my leftover recipes are always in the top ten.

I'll share the most popular dish's recipe. It's Fried Chicken with Nagi (Japanese Green Onion) Sauce. First, heat oil and saute minced negi with high heat. It's overcooked if the negi becomes soft. So the keys here are "quick" and "high heat." Add soy sauce, rice vinegar and a touch of sugar and take no-nonsense fried red pepper to the sauteed negi and you get negi sauce. For fried chicken, marinate large-cut chicken with soy sauce and sake. If you don't have sake, only soy sauce is fine. The point is to let this chicken absorb the marinade, so don't add too much sauce. Bring it to room temperature and dust it with a lot of katsuobushi (dried bonito). The tip here is to put lots of katsuobushi on the chicken. You can fry it at medium to high heat. While you are frying, you should repeat the action of taking the chicken out of the oil and dipping it again. This keeps the oil temperature stable and gives the chicken a crunchy texture. Once it's done, cut the fried chicken into bite-size pieces and pour the negi sauce, and there you have it!

It looks like a Chinese dish, but the flavor is absolutely Japanese. In my restaurant, it has been the best selling dish for ten years. According to your Hong you can add garlic, ginger, anemone oil, tsukudani (anchovies)

paste), and even wine vinegar to the sauce, but it's best to start with a bottle of soy sauce!

Would you recommend a few destinations or activities to Chopsticks NY readers who are planning to visit Japan?

My home! [laughs] Well, I always love Kyoto or Tokyo and Kyoto are must see places, I think. Also, I want them to see areas in Hokkaido, ... as well as appreciate the wonderful feature of the four seasons in Japan. Shimoda, my hometown in Shizuoka prefecture, is also a great place to visit. The people are nice, it has great fish and vegetables, and the onions [that sprang] there are nice. It's mild and warm all year.

What sort of food should they sample in Shimoda?

Sun-dried horse mackerel and sun-dried larvae (goldfish eggs) [kinton amazake] is also tasty during the summer season.

— Interview by Atsuko Komuro

Everyday Harumi

Harumi Kurokawa's first English cookbook published in the U.S. introduces the 80 home-style Japanese cooking recipes she presents as top recipes for soups, stews, salads, party dishes, main courses, and family-friendly, relaxing dishes like *Arirao In Miso Marinated Pork* (bread pork collar), *Green Beans with Sesame Dressing*, and *Quick Pickled Onions*.



Activity / Health

Feeding the World Better: 20 Cents at a Time

Revolutionary ideas often come at a certain price, but rarely for only 20 cents. **Table For Two** (TFT), a Japanese NGO which focuses on addressing global food issues promotes a humane approach to the corporate world. The idea is simple and powerful: companies and universities' cafeteria offer TFT funded healthy meal options in addition to their regular menu. When an employee purchases the healthy meal, 20 cents is donated to TFT. This donation is used to provide healthy meals at participating schools in developing countries.

While industrialized nations spend millions to fight obesity, the shocking contrast with people dying from malnutrition in under-developed countries grows exponentially. TFT addresses this disconcerting imbalance, and works at feeding two birds with the same spoon. "The idea is to address the global food problem: obesity in advanced nations and famine in the developing world," said David Colstein, Director TFT USA. Over 2,000,000 meals have been distributed in Africa since the launch of TFT in 2007.

TFT will soon be introduced to the United States and will be offering its

healthy meals at Columbia University. The success of the program is not only measured by health improvement but also by its educational impact. The African schools participant

ing in the program noticed a significant increase in school attendance. In Japan, the organizations involved in the charity report a remarkable wave of positive feedback from their employees and students: by doing well, they are also feeling good.

Sharing the wealth and the health, and going beyond traditional international charities, TFT helps us realize that in a global world, we are "never eating alone."

Info: TableForTwoUSA.org
www.tablefortwo.org

To set up a Table For Two program in your workplace, email info@tablefortwo.org



Book

All You Ever Wanted to Know About Nurie

Picture coloring is a universal children's pastime. In Japanese it is called "nurie," and has been enjoyed by children there since the Muromachi period when it was promoted as one of the methods to teach art. Nurie's golden age was in the 1940-50s, and even though it's relatively obscure these days as entertainment for kids, it has been rediscovered as being effective in stimulating brain function and helping to prevent brain aging.

The new set of books *Nurie: The Resonances of Coloring* and *The Psychology of Coloring Books* by Masa Kamada and Eiko Yamamoto explores the background and benefits of this ancient art form. The former was the world's first specialized book on picture coloring, and it discusses the art's origins as well as how it evolved into its current form. It also talks about future applications and its connections to phenomena such as enigma. Especially interesting is a survey that was carried out in the mid-1990s in Japan, Germany and France. It asked adults in their 20s-60s about their recollections regarding picture coloring, and some thought-provoking cultural differences and similarities emerge.

The *Psychology of Coloring Books* contains observations on the psychology behind this art, such as perspectives on children, parents, coloring picture creators and scholars, as well as a comparative investigation of coloring books and children's picture books. For example, why do parents allow their children to choose their own coloring books, but parents choose the picture books? There is in-depth analysis of such questions and the lack of literature on coloring books as opposed to picture books. If you want to learn more about this largely overlooked genre, look no further than these authoritative works!



The new books on nurie, which will be on market in January 2010, come in a set. The co-author of the books, Masa Kamada, is the director of the first studio on gōKey in Tokyo, which devotes itself to understanding and preserving the culture of picture-coloring.

Info: www.rikishi.com [JAPANESE]

Info: *The Resonances of Coloring* and *The Psychology of Coloring Books* can be purchased through www.intellicolors.com (\$19.95)

Beauty

Add Movement With New Digital Perm

Digital perm came out of Asia and has been quite the rage for a few years now across Japan, Korea, and China, although it is relatively still new in NY. By using rods that are connected to a machine that regulates temperature, it prevents unevenness. In NY, most Japanese salons offer this service, but **RH plus salon** has recently introduced the most up-dated version that helps prevent hair damage, even after multiple perms.

"This is great technology for those looking for a natural look," explains the salon owner Mr. Hatch Suzuki.



The digital perm is used mainly for big, loose cuts, as well as hair strengthening. The biggest difference between the older digital perm and the newly updated one is that the new version uses a solution that incorporates micro hydrogen so that the hair stays healthy and

won't become brittle after multiple perms, which had been the biggest downfall of all digital perms up until now.

At RH plus salon the new digital perm is offered for \$750 including a cut. For those that have extra long hair and volume, there might be a slight addition to the cost. It takes about 2-3 hours for the perm to complete, and there are special conditioners available to use at home, after the perm to maintain it. However, it may not be for everyone, so make sure to stop by RH plus salon for a consultation so that you can look your best for the new year!

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The advantage of a digital perm is that it is more evenly treated, stronger rods, it also enables you to set your style very easily.

Shop

Buddhism-Themed Book & Gift Store Offers Urban Retreat

�oward the end of the year and just before the holidays, you might be overwhelmed with many responsibilities and feel overwhelmed. With an established Buddhism organization Fei Guang Shan Buddhist Temple as the backbone, the recently opened **Lotos Books & Gifts** in midtown Manhattan has the cure for you.

Store manager Ms. Shu-Lan Hwang invites you to Lotos Books & Gifts, a place where you can learn to "purify and beautify your environment and life" and where you can finally complete your holiday shopping list. Much more than a bookstore, the relaxing atmosphere and the intense aroma available for purchase creates a welcoming and inviting space where you can come to shop or just to meditate. Lotos is the urban retreat you've been longing for, an all-inclusive cultural educational destination offering the chance to become exposed to Buddhist philosophy and Eastern spirituality, yoga, healthy vegetarian cooking, wellness and much more.

Lotos offers various classes to enlighten your mind and improve your physical well-being. The classes range from flower arrangement to plates and

yoga to Dharma teachings and language classes. At the flower arrangement class, students learn the Ikebana School way of flower arranging, the oldest Ikebana (Japanese Flower Arrangement) style. According to instructors, Ms. Paula Tien, you will "discover the joy of creating beautiful arrangements that express your feelings and develop a refined and amateur appreciation for beauty and nature."

As well as finding unique healing gifts at Lotos, you can also give someone special in your life a gift certificate to one of the many class offerings. Plus, there is a gift from Lotos to you while you're there, treat yourself to a free yoga or Ikebana-class with this issue of Chopsticks NY magazine.



They carry many popular English Buddhist books which includes titles received from the Independent Publisher Book Award and Bestseller Magazine Book of the Year awards.

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STYLE FROM JAPAN

KICKING OFF WOMEN'S SNEAKERS

Photo courtesy of atmos girls (www.atmos-tokyo.com)

"Japan is an advanced country in terms of men's sneaker fashion, but when it comes to women, that's a whole other story—I would say it's still developing," observes Mr. Yuichi Sato, the spokesperson for atmos girls, a company of stores specializing in women's sneakers. The sneaker industry in Japan seems to have neglected the women's market for a long time, and responding to the flood of inquiries from fashion editors and stylists looking for cute sneakers for women, atmos girls opened its doors. The company is at the center of the recent rise of women's sneaker fashion among girls in their late teens and early twenties, and it sets the trends.

What has accelerated the sudden rise in popularity of women's sneakers is the variety and variety of sneakers introduced to the market within a short period of time. The popular styles are colorful and cute with medium to high tops, which were not available before. As for materials, metallic leather and patent leather are most sought after. These sneakers fit various styles—from outdoorsy and urban to Lolita and high fashion—and girls can add spice to their everyday look just by incorporating cute sneakers. For example, scarlets with black lace ribbons and ribbons would complement Goro-Tan bathtubs, and pale pink high tops would add a fun, sporty accent when paired with a dress.

According to Mr. Sato, women girls in promoting sneakers not as exercise and utilitarian items but as part of fashion, the concept and story behind each product is important. Under this belief, they plan collaborations with apparel brands and develop new lines for the market. Time to upgrade your running shoes and start accessorizing with sneakers.

—Reported by Miki Mizu

Miki Mizu resides in Japan and writes articles and books on cultural trends and fashion issues.

FEATURED STORY

Japanese new year greetings & handsel

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NENGA & OTOSHIDAMA

Welcoming the New Year is the most important holiday activity and the most exciting celebratory event for the Japanese. The new year celebration is called "nengi" in Japan. Although many things are westernized in modern Japanese society, they still observe nenga in the traditional way: eating osechi ryouri (new year dishes), going to hitomissode (the first shrine visit), and decorating houses with conventional ornaments like kadomatsu (pine tree decorations), shimenawa (a rope made with rice straw), and kagamimochi (round rice cakes to offer to the gods). These are just some of the many things they do only during this period.

Reading nenga-rou (new year's postcards) is another thing the Japanese enjoy on New Year's Day. Japanese customarily send new year's postcards to their friends, relatives, co-workers, and business clients. This is similar to the Western custom of sending cards during the winter holiday season, but in Japan people consider it important that nenga-rou are delivered exactly on January 1st. Naturally, this day is the busiest day of the year for Japan Post because they have to meet everybody's wish to get their nenga-rou delivered on time. In order to achieve this mission, they even hire part-time workers to help deliver all the nenga-rou. Although E-cards are becoming increasingly popular, Japanese people still keep the custom of sending New Year's greetings via snail mail.

Nenga-rou usually have a new year's message illustrated with graphics symbolizing the new year such as the sunrise, a plum tree, kadomatsu and kagamimochi. They are also commonly decorated with one of the 12 zodiac animals: mouse, ox, tiger, rabbit, dragon, snake, horse, sheep, monkey, rooster, dog, and pig. Every year is represented by a specific animal, and the zodiac for 2010 is horse or the tiger.



Among the many oshougatsu activities, otoshidama is the most exciting one for children. Oshidama is originally a gift to celebrate the new year, but the word mainly refers to money given to children from older people during the holiday. Oshidama are handed out in a small envelope called a pochibukuro.

The Japan Post issues its own version of otoshidama in the form of nenga-rou with a lottery number at the bottom of the postcard. This is the most common type of nenga-rou the Japanese use. At the end of January, Japan Post discloses the winning numbers and the winners can exchange their nenga-rou for items like an LCD HD TV monitor, a notebook personal computer, a digital camera, an air purifier and humidifier, regional delicacies and memorial stamps.



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—Takashi Tanaka, President & CEO

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—Masumi Nakano President

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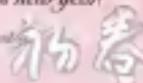
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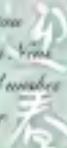
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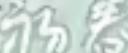
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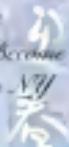


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In the long history of Japan, there was a time when they employed a specific way of indicating the year month and date. It was a prototype of a calendar and was called "Eto". Eto consists of Jikun (10 symbols) and Jishun (12 symbols for

12 zodiac signs) and one of the 12 symbols, represented by different animals, is applied to each year. Even though Japanese do not use the system anymore, Eto always comes to mind at the end of the year because the symbol is used for nengajo (Japanese New Year card). The Eto animal for year 2010 is the tiger.

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FEATURED STORY 2

Japanese Seasonings

IF YOU WANT TO COOK JAPANESE FOOD, JUST GIVE A RICK TO AN EVERYDAY DISH OR APPRECIATE JAPANESE CUISINE MORE, CHOPSTICKS NY IS HERE TO HELP. WE'LL UNFOLD THE MYSTERY OF "UMAMI" AND JAPANESE SEASONINGS TO INVITE YOU TO THE UNIQUE WORLD OF JAPANESE CUISINE.

PART 1: FOOD CULTURE THAT FEATURES UMAMI

PART 2: JAPANESE SEASONING ENCYCLOPEDIA

JAPANESE CHEF'S HOME STYLE COOKING

HAKUSAI (CHINESE CABBAGE) CAESAR SALAD BY MAKOTO SUZUKI (BOZU RESTAURANT)

LISTINGS
GROCERY & SAKE

FOOD CULTURE THAT FEATURES UMAMI

When people eat food, they enjoy its flavor, smell, temperature, texture, how it's presented and more than eating environment. But in terms of flavor, the Japanese might be the ones who take the most responsive approach toward the food they eat. They appreciate flavor based on seven categories: sweet, sour, salty, bitterness, saltiness, umami-creativity and umami. While the first two categories are employed in most other countries, you might be unfamiliar with the last one. Umami is something that many Japanese associations and daily habits make the most of. In other words, it is what differentiates Japanese cuisine from others.

Although umami is an internationally approved term, it was relatively recently introduced to the world. Originally made up as "flavorfulness" or "tremendous," umami is a type of flavor created by components such as glutamine, creatine, and guanine. So food ingredients with such components combine a lot to the creation of umami. Glutamine is found in kelp, cheese, and tea, creatine is found in dried shrimps, bonito flakes, as well as meat and fish, and guanine is found in dried shrimps, creatine, and meat. That is why umami is found in dashi broths, which uses kelp, bonito flakes, and dried shrimps. The concept of umami has not existed in the Western world, but the people there have used similar systems of creating umami in their food. For example, tabasco and food de' veau are two good examples of food that are full of umami.

The fermentation and aging process also creates umami. As you know, aging beef not only makes the meat softer, but it also adds a certain flavor to it. Also, cheese has a different flavor before being fermented and aged, and bacon develops a unique flavor to the meat when aging. These flavors obtained after fermentation or aging are similar Japanese sensations like shioya they shared, miso, sake, and miso (soups) are produced through either fermentation, aging or both. That makes Japanese cuisine full of umami.

Also, it is proven that mixing different umami components can multiply the umami flavor. For example, dashi broth can be made only from kelp, which can-



Osechi ryori, traditional Japanese New Year dishes, consist of an assortment of dishes prepared specifically for the occasion, and most of them are cooked with full use of Japanese seasonings. Eating Osechi ryori is a good way to appreciate umami.



tain glutamine, but when it's mixed with dried shrimps that has a lot of guanine in bonito flakes that have umami, it produces more umami. Roasted meat is often created by combining chicken or beef with vegetables. The flavor includes creatine and the bonito has glutamine. Japanese chefs analyze this texture to get the best flavor out of what they have.

As mentioned above, outside Japan the concept of umami was not in the cooking dictionary but the umami itself wins in their culture. In Asia, countries people take advantage of umami in their culture. The fish sauce like nam pla in Thailand and miso chime in Vietnam and a variety of ying (Chinese meat) in China are all fermented and aged seasonings. In Europe, they enjoy cheese aged meat, and soups from various ingredients. Next time you have a meal it might be fun to think, "What made this umami?"

Multiplying umami by mixing different components in various soup stock bases

| | Glutamine | X | Imidine |
|--------------|----------------------|---|---------------|
| Dashi (kelp) | kip | X | bonito flakes |
| Beef (beef) | creativity creat | X | meat |
| Tea (Chawan) | teiwa, Chawan oshige | X | chicken stock |

WHO FOUND UMAMI?

Japanese traditionally use dashi broth made from kelp for cooking, and they believe its components play a huge role in giving great flavor to their food. In 1908, a professor at Tokyo Imperial University named Kikunae Ikeda succeeded in extracting glutamine from kelp and proved it is the main ingredient in kelp dashi broth. He named it "umami." Other than that, creatine is bonito flakes and guanine in dried shrimps were found to be umami. In 1985, the International Umami Symposium was held, and the gathering officially recognized the term umami.

JAPANESE SEASONING ENCYCLOPEDIA

Sushi, sashimi, teriyaki, miso soup, ramen, yakitori, etc.—their unique flavors largely due to the seasonings they are used. In a sense, you can cook your own version of Japanese food once you learn these seasonings. Here is the comprehensive list of the seasonings that play key roles in flavoring Japanese cuisine.

SHOYU (Soy Sauce)

Shoyu is made by brewing soybeans, water, wheat, salt, and other ingredients. Its clean but full-bodied flavor is good as both a cooking seasoning and a dipping sauce. Manipulating the brewing process and the amounts of the ingredients creates different types and flavors. Kuroshio shoyu is the most common type. For the health conscious, goy-ein shoyu (reduced-salt soy sauce) is also available. You can hardly tell the difference in flavor between the two.

Some dishes do not work well with the dark color of shoyu because it ruins their pale color palette. In these instances usukuchi shoyu (light-colored soy sauce) is often used. It actually tastes milder than kuroshio shoyu, so don't be misled by its light color. Shiro shoyu (soy sauce that contains more wheat to give it a light color and flavor) is another option. It has a lighter color than

usukuchi shoyu and doesn't alter the color of the dish but adds a mild shoyu flavor.

Tamari shoyu contains a greater amount of soybeans than the others and, therefore, it has a thick texture and rich flavor. It's often used as a dipping sauce as well as for teriyaki or grilled dishes, which require a full-bodied flavor.

Some other popular variations, like dashi-in shoyu (shoyu with added dashi), nama shoyu (a sweet soy sauce containing soy sauce with mirin and sugar), and ponzu shoyu (soy sauce with citrus) are popular seasonings among Japanese



MISO

Miso is a fermented seasoning paste made of soybeans, koji (mold), and salt. Soybeans, rice, wheat, and many other beans are used to make koji mold, which helps to convert starch to sugar. Miso's taste is determined primarily by the type of ingredients, the amount of each ingredient, and the length of the aging period. There are two main types of miso: aka miso (red miso) and shiro miso (white miso). In general, the former has a darker color than the latter and is richer and saltier in terms of flavor.

The taste of miso is closely related to local food culture, and it varies from region to region. Good examples of this are "Kochio miso" and "Sakyo miso." Kochio miso is native to Aichi prefecture, and it employs soybean koji to give it a richer flavor. Kochio miso boasts a full-bodied flavor with a slight bitter note and is a key ingredient of the region's delicacies like miso-katsu (breaded pork with miso sauce) and miso-nikujyutan (breaded salmon noodles with miso

base broth). Sakyo miso, on the other hand, is a lighter and milder miso that comes from the Kansai area (the region surrounding Kyoto and Osaka). Unlike kochio miso, non-koji is used for sakyo miso. Its salt content is much lower than that of other miso pastes.

Japanese people use miso paste not only for miso soup but also for marinades and dipping sauces. They play with the different flavor and mix several different types of miso to get the best results for their dishes. Miso is very flavorful and goes well with western ingredients as well, so you can create a new taste just by adding a touch of miso to a dish.



SAKE

Sake is an important seasoning in Japanese cooking that is used to give mild flavor and a touch of sweetness. It's often used in boiled dishes. Sake contains amino acid, which is the key component in creating umami. Sake also reduces the smell of fish and meat. There is a "cooking sake" specifically made

for food preparation which contains salt, vinegar and some other additional ingredients not found in regular sake. You can use both regular sake and cooking sake for food preparation, but you would not want to drink the cooking sake because of that.



MIRIN

Like cooking sake, mirin is made of rice and is used for adding mildness and sweetness to dishes. This yellowish liquid can be used to be a thicker version of sake and contains 40-50% sugar and has an alcohol content of about 15%. Since it is syrupy, mirin is used to obtain a glazed

effect, as in teriyaki, as well as mixed into dipping sauces and rice dishes. Because of alcohol taxation many of the mirin varieties available in the U.S. have a modified alcohol content, and such varieties are suited "for type" "mirin-fu" and "mirin-style".



SÜ (Vinegar)

Although there are a variety of vinegars used in Japan, the most common is a rice vinegar called kome-su. It is a minor seasoning in numerous popular appetizers that have been soaked in a vinegar mixture. Different blends of vinegar sauces for sashimono are used. Popular sashimono vinegars are nama-su, shio-su, and tsoo-su. Kome-su is also a main ingredient of suzu-su, which is used for making sushi rice. Since suzu-su healthy, people do not only use it for cooking but also drink it by mixing with water and club soda. There are specific types of suzu-su suited for drinking purpose.

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PONZU / PONZU SHOYU

Ponzu is a type of sour sauce made with Japanese citrus fruits such as yuzu, sudachi, daidai and kabosu, but in general, when Japanese mention ponzu, they refer to ponzu shoyu, which is often made from soy sauce, mirin, kome-su, daidai breath and Japanese citrus fruits. Ponzu and ponzu shoyu

are used as a dressing for boiled vegetables and dipping sauce for hot pot, stir-fried, grilled, and fried dishes. Since they have no oil content, they are a healthy substitute for regular salad dressings and thick soups.



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Wasabi



If you love Japanese food, you are already familiar with this light green condiment placed beside sushi and sashimi. Its unique, strong flavor knocks you down, and its pungent aroma makes your nose and sometimes makes you cry. Often compared to horseradish, wasabi has a much stronger and sharper flavor. Freshly grated wasabi is the most flavorful and can be costly; it is usually available only in restaurants. Wasabi powder and wasabi paste in a tube are popular for household use. In addition to adding a punch to food, wasabi also kills bacteria.

Tougareshi



In Japan, Tougareshi (red pepper) is usually used in a coarse, powdered form, although there are whole and sliced types as well. Ichimi (one-flavored) tougareshi and Shichimi (seven-flavored) tougareshi are the most popular types. Shichimi tougareshi is a blend of seven different spices and herbs including tougareshi that adds a complex flavor but lacks spiciness compared to ichimi tougareshi. Japanese enjoy both varieties sprinkled on top of udon, ramen, soba, noodles, and boiled and grilled dishes.

Karashini (Japanese Mustard)



Although they come from the same plant family, karashini has a different flavor compared to the mustard commonly consumed in the western world. It is spicier and has a pungent bitterness. It can include dijon mustard and acid (such as vinegar) added during the food preparation process. Karashini is also used as the side of udon (heated ingredients in a dashi broth), dashi on okonomi (heated pork belly), and Niyomo okonomi (cold egg tempura) for an entire meal. Karashini comes in both powder and tube-style varieties.

Yuzu Kosho



Yuzu kosho is a blend of blended ingredients (the skin of yuzu citrus, and salt and was originally enjoyed in the southern part of Japan. Yuzu citrus' refreshing aroma and the spiciness of tougareshi create a unique flavor, and even one drop of yuzu kosho changes the taste of the dish. It is quite salty compared to other spice mixtures in Japan. There are two types, green pepper based and red pepper based.

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ケチャップ

Tomato ketchup became popular as "yoshoku" spread throughout Japan. Doro rice, a dish combining an omelette and rice mixed with ketchup and chicken, is a typical yoshoku menu item and a good

example of how ketchup is used in Japan. The texture of ketchup in Japan is similar to that of its U.S. counterpart, but the flavor is a bit sweeter. The big difference between the two is their packaging. The

container used in Japan is designed with the consumer in mind—its plastic, tube-style container was developed to ingeniously ketchup easily.



マヨネーズ

Japanese mayonnaise is more sour and has a smoother texture than that in the U.S. That's because flavored mayonnaise in Japan such as mayonnaise with wasabi, with cheese, with corn, and with tuna

As for its container, Japanese mayonnaise comes in a plastic, stand-up tube that allows the user to squeeze it out easily. The opening of the mouthpiece squirts out mayonnaise in a pretty shape, similar to

the frosting on a wedding cake. Some brands offer two types of mouthpieces, allowing the user to apply it according to the desired decorative effect.



ソース

Unlike the original Worcestershire sauce from England, the Japanese version is made from various fruits, vegetables, and spices to create tabasco. There are thin types, a slightly thick chawan sauce, and a

very thick tankotsu or nouchi sauce. Okonomiyaki (Japanese style pancakes with toppings) sauce and yakisoba (fried noodle) sauce are good examples of spin-offs from Worcestershire sauce. Okonomiyaki

and yakisoba are not western food but dishes whose development coincided with Japan's westernization. They are now popular comfort food in Japan.

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Cooking Japanese Dishes with Kikkoman Seasonings



Yoko Kuroda
Author of the column of
"Cooking Japanese Seasonings",
where she teaches cooking using
local New York ingredients.

If you dream of cooking Japanese food at home but hesitate because it seems too complicated, get ready for your dream to come true. Just a few basic seasonings will allow you to greatly expand your repertoire and have you cooking in no time. To prove this, two Chopsticks NY readers try making Japanese dishes using Kikkoman seasonings.



Cook & Chat
Hosts Chet & Ruth Baird-Cohen
Both enjoyed authentic Japanese food
while living in Japan for less than 10 years.
Now they are back trying to introduce
Japanese foods to their readers.

Bukkake Radish & Carrot Salad

- 1/2 cup shredded daikon radish
- 1/2 cup shredded carrot
- 1 piece abura-age (deep-fried bean-curd)
- 1/2 cup kikkoman soy sauce (soybean dashi) radish, radish seeds, etc.
- 2 tablespoons Kikkoman Ponzu (lime)
- 1 tablespoon extra virgin olive oil



- ① Wash abura-age on both sides at a narrow
Teflon-coated pan. Once it's done, remove all
from abura-age with paper towel.



- ② Mix indicated amount of Kikkoman Ponzu
Lime and extra virgin olive oil to make
dressing.

TIP!

Always Kikkoman Ponzu.
Lime slightly has a sweet
flavor. You can adjust
the amount of lime oil
according to your taste.



- ③ Mix daikon radish, carrot
abura-age, and kikkoman
soy sauce. Add dressing and toss salad.

- ④ Please salad on plate and sprinkle
some abura-age and kikkoman
soy sauce on top.

Kikkoman Ponzu: Lime has a refreshing citrus flavor and
adds the perfect flavoring touch to salads made from radishes,
carrots, and abura-age. Lime flavor is reduced when you squeeze fresh
abura-age.

Teriyaki Chicken

- 2 chicken thighs (leg and bone)
- Glazed yam for garnish
- 4 miles of teriyaki for marinade
- Teriyaki sauce
- 2 tablespoons kikkoman soy sauce
- 2 tablespoons Kikkoman Ponzu (lime)
- 1/2 tablespoon sugar
- 1/2 tablespoon Kikkoman Soy Sauce



- ① Pour sake, Kikkoman Stein's Kikkoman
Soy Sauce, and sugar in a nonstick
pan and boil down to half the original amount.



- ② Soak chicken thighs in a nonstick
Teflon pan at medium high heat for
about 3 minutes per side. If uncooked,
heat it in a 400°F oven for 8-10 min.



- ③ Bring chicken back to nonstick
and cook with sauce.



- ④ Once done, transfer to cutting
board and slice into bite-sized
pieces.

- ⑤ Arrange chicken on plate and
pour remaining teriyaki sauce
Arrange boiled asparagus and
glazed yam on the side.



You can make your
teriyaki sauce simply with
Kikkoman Stein's Kikkoman
Soy Sauce, sugar, and
sugar. It's simple to adjust
if you like it sweeter, just
add more sugar. If you like
a thicker sauce, heat it a
little longer.

Tomari-zushi

- 3 cups cooked (boiled) rice
- 1/2 pound smoked salmon
- 1/2 teaspoon Kikkoman Seasoned Rice Vinegar
- 1/4 cup Kikkoman Mirin
- Wasabi for garnish
- Kawaii sprouts for garnish



- ① Cut smoked salmon into 2-inch-square pieces. (Mine: 12 pieces)
- ② Combine cooked rice (hot) and Kikkoman Seasoned Rice Vinegar to make sushi rice.

- ③ Place 1-1/2 tablespoons sushi rice on plastic wrap, wrap rice to make ball shape, and pull plastic wrap tightly around rice ball.
- ④ Unwrap ball, put smoked salmon on top, put a little wasabi on the salmon, and place kawaii on the outside.



- ⑤ Make another ball and garnish with wasabi and kawaii.

TIP!
Tapping dried and flavorless kewpie, boiled egg and salmon might be great choices.

The rolling makes thicker rolls which are thicker and more filling. I think it's great to use the stronger soy sauce (mirin) for garnish. I recommend you to put more wasabi inside, so it's strong on the outside. Yummi, sushi.



All images reproduced in this advertisement are courtesy of Tomoko Kondo-Burman.

DINNER IS SERVED!!

Both: The most surprising to me was the richness of traditional Japanese recipes. The classic Teriyaki was savory and juicy to perfection. And the Teriyaki sauce we prepared using Kikkoman products gave off the authenticity to the delicious taste of the dish. It tasted like an Iran Chef!

Ben: We would never have thought we could prepare so many varieties of dishes and sauces using Kikkoman products. We never thought we'd go beyond the traditional soy sauce for dipping. Now we plan on using the Yuzulime dressing on almost everything. The seasonings we so easy to use that soon I could produce a delicious rice vinegar for wash balls!



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SAKE AND THE CITY

Winter Blues?

Scattered with Warm Nanbu

By Christopher H. Johnson
A Spoonful of Sake

Winter is a great time to start experimenting with sake temperatures. At the greatest of winter sake cannot be appreciated more than during the coldest months. One of the most fun things about sake is that different temperatures bring out different characteristics. Although some sakes are just meant to be warm, Nambu Bijin's newest craftsmanship allows even their most delicate of styles to be appreciated at higher temperatures.

Typically, it is not recommended for shochu sake to be heated due to its delicate flavors, but Nambu Bijin's shochu has a solid backbone that allows the sake to be appreciated slightly warmer such as body temperature. Don't heat them up too much. Similarly, dear Takahashi Jumonji's wonderful sake to have warm, no warming of the sake intensifies the flavor, especially which makes it great with smoky, creamy, richer foods. So if you think you have the winter blues, warm up some Nambu Bijin, and you will be pristine in no time.



Nambu Bijin Brewery 12-16-15-17, Nakashita
Minobe-cho, Iwate, JAPAN 020-8101

Imported and distributed by
NY Beverage Trading, Inc. TEL: 201-483-8855



A Shochu Moment with Kyoya
- Miyazaki's Oldest Shochu Distillery -
Vol. 26 'Heihachiro'

Shochu is typically served chilled straight-up, on the rocks, with tonic or with hot water. Although it goes well with a dash of fruit juice or a wedge of lemon, I would recommend serving it with hot water to best appreciate the great aroma of the raw ingredients in shochu. Discover and bask in the wonderful flavor and aroma unique to a single distilled pot-still shochu.

-Hayato Hishinuma-

"Clear with a silvery cast. Brown sugar, malt-o-meal, toasted nut, minerals, and baked date aromas. A round, satiny entry leads to a dryish medium body of pure tapioca, white nut, goat's milk custard, and peppery spice. Finishes with a vibrant mineral dust, mint gush, and mild pink peppercorn fade. Great intensity and density." (BTI judge's comment)

Charms in Japan - Vol.5 -



J U Z U

In ancient times, people put on various items to protect themselves from natural disasters and accidents. It developed into juzu, a串珠 (a string of beads) which is used among Buddhists while praying for the deceased. It came to Japan with Buddhists from India or China about 1500 years ago. The prototype of juzu has 108 beads, the number representing that of worldly desires in Buddhism and each bead absorbs such worldly desires and protects the person who uses the juzu. Nowadays, there are several delicate versions of juzu available: 54 beads, 56 beads, 27 beads, 18 beads and even bracelet style ones for daily use.

Courtesy of Gionno Miyakawa (<http://www.gionno-miyakawa.jp/en/>)
Illustration by Makiyo Kusano



2008 Mundus Selection - Grand Gold Medal
2006 Mundus Selection - Gold Medal
2000 (TQ) - 1 Star
2008 BTI - Gold Medal
2007 BTI - Gold Medal



Information

The place to drink "Heihachiro" Sakegura <http://www.sakegura.com>
271 East 40th Street (between 2nd and 3rd Aves.)
New York, NY 10017 Tel: 212-933-7251

Distributed by JAP International, Inc. TEL: 704-481-8802

BREWING WITH AN ARTISANAL MIND

KATOUKICHIBEE SHOUTEN



The historic city of Sakai in Fukui prefecture is the place where the long-established brewery **Katoukichibee Shouten** is located. The city flourished in a temple town in the 13th century, and it became a castle town in the 16th century. Now it's known as a city of craftsmanship that is filled with artisans who produce traditional crafts including lacquer, ceramics, and cutlery. In a town rich with craftsmanship DNA, Katoukichibee Shouten established itself 150 years ago and is now in its 11th generation.

Sake fans in the U.S. probably identify the brewery with the name **BORN** rather than remembering the brewer's name itself. In Sankoku, "BORN" means "pamry" and "storing truth," as well as stands for "birth to the future" and "creativity." This word represents the brewery's strong belief that "a bright future awaits those who put in the effort and as long as one is alive, one can always issue their life no matter how many mistakes he/she makes." With this encouraging and uplifting spirit, Katoukichibee Shouten produces only junmai type sake

and has amassed more than 50 kinds. They use underground water from the local Hakuwan Mountain range, pumped from a well 184 meters (about 600 feet) deep. They also employ the best sake rice, Koshihikari and Gohyakumangoku, as well as their original house keiyou yeast. The average milling rate of the sake rice is less than 40%, which means that their sake is extremely high quality, and it goes through a long term fermentation stage at freezing point to receive a sophisticated flavor.

Sixty types of BORN sake are available in the U.S. "BORN Dreams Come True," "BORN Wing of Ingape," "BORN Muraka Nana Gireba," "BORN Tokusen Junmai Daigingo," "BORN The Birth," and "BORN Imberg." Though each exhibits its own distinctive flavor, what you can get the most pleasure from is the taste of craftsmanship passed down in the brewery for generations. Their sake has been granted numerous international and domestic awards, proving that it should be a must-taste on the global market.



Katoukichibee Shouten
1-11 Yashiro-cho, Sakai-city
Fukui, 910-0101
TEL 079-41 5407
FAX 079-25-1468
www.jancs.co.jp
info@jancs.co.jp

THREE THINGS YOU SHOULD KNOW ABOUT KATOUKICHIBEE SHOUTEN

The keeper of the shōhei

Katoukichibee Shouten respects and珍惜es the *shōhei* (elder). Shōhei that embarks sake has also operated the brewery since the 16th century. The shōhei is also known for one carrying the seal of wine. This is just one example of how they respect the older they look for older brewing.



Sake served in the accession ceremony of the Shōwa Emperor

When the Shōwa Emperor succeeded to the throne about 75 years ago, Katoukichibee Shouten's sake was served in the ceremony. It was selected because of the uniqueness of their sake resulting the taste and smell in a local atmosphere. No other sake produced. It was the first time that a quality product of sake was chosen for such an historical occasion.



A dramatic landscape in Sakai

Katoukichibee Shouten's hometown is the place where "the beauty of pilgrimage" Shikoku Okumono open the youth. We can enjoy the beauty of the East Asia, Shikoku, and you will come to see many historic landmarks in the area and feel Okumono with dramatic style.



Taste Delicacies with KUROMARU

The robata-yaki specialty restaurant Aburaya Kinosuke serves plenty of meat, fish and vegetable dishes that are scrumptiously charbroiled. Their hearty food especially goes well with shochu. Kinosuke was added to their shochu menu around three months ago, and since then it's constantly sought after by shochu fans as well as beginners. Manager, Yuta Kobayashi and executive chef, Jiro Iida discussed Kinosuke and how the premium shochu complements their menu.

How would you describe the taste of Kinosuke?

Kobayashi Kinosuke is a shochu made from sweet potato, but it doesn't have a strong flavor from that key ingredient, unlike other standard sweet potato based shochu. It's mild, easy to drink, and has a clear finish.

Which dishes at Aburaya Kinosuke go well with Kinosuke?

Iida It goes well with a lot of charbroiled food we serve here. Charbroiled fish, charbroiled meat, anything. Actually, everything goes well with Kinosuke. I'd like to highlight that we serve dishes with a variety of cooking styles, seared, fried, and baked in soft in addition to charbroiled. So, the dish I chose for pairing Kinosuke today is a fried fish rather than our signature charbroiled dishes. Now we have a special seasonal fish called matsu goma, which is kind of flake, and the sweetness of the fish combined with frying it in oil brings out a great flavor. Since it takes only two to three minutes to fry, it can keep the flavorful and soft meat of matsu goma while adding crunchiness to the skin.

Is there a difference between Japanese and non-Japanese in terms of ordering and liking shochu?

Kobayashi Shochu is very popular with Japanese people. In effect, ninety percent of our customers who drink shochu are Japanese. But our non-Japanese customers don't know much about shochu and still prefer to drink sake or beer. Shochu is hard liquor, and that term can scare away non-Japanese customers, I think. As for ordering style, our Japanese customers are quite familiar with shochu and even ask for Kinosuke by name while a lot of American customers choose our shochu cocktails, mixed with fresh juice. When Japanese customers bring American custom to dinner, they drink shochu together. It's a good way for the Japanese to introduce Americans to shochu. As I mentioned before, Kinosuke does not have a strong sweet potato flavor that might keep away beginners. So, it's a safe choice to order if you are in a group and some people enjoy the beautiful quality of shochu, but others don't.

How do you recommend we drink Kinosuke?

Kobayashi On the rocks is the best way to drink Kinosuke. At Aburaya Kinosuke, we make our own sphere ice for serving in shochu. The way is which the sphere ice melts in shochu makes it more milder. Also, winter is a good season to drink Kinosuke ayuwari, or mixed with hot water. The hot water evaporation a little of the alcohol and makes it easier to drink, and at the same time, it helps the aroma of shochu melt nicely to your nostrils.



Proud Media (Galleria) chef Jiro Iida's choice for pairing with Kinosuke. It's served with Aburaya's house-made yakisoba, money credits (grated daikon radish with miso pepper), and pickled shimeji.

*Aburaya Kinosuke
203-4885-0010 (ext. 2nd & 3rd floors), 1 New York, NY 10019 / 212-252-6454*



Kinosuke

Smooth, pale shochu with a mild and brilliant taste and a clean finish. Sweet Potato Shochu. 40% alc./vol.

SUNTORY

Please drink responsibly.

Imported by Suntory International Corp.

New York, NY 10036

Distributed by RefreshCo Trading Co. Ltd.

HAKUSAI CAESAR SALAD

RECIPE COURTESY OF
MASATO SANO

In this corner, Japanese chef's from restaurants in the Tri-State area share their secret recipes of home-style Japanese dishes with you.



Hakusai (Chinese cabbage) is a winter vegetable that Japanese commonly use for pickles, and nabe (hot pot dishes) Hakusai is rarely used in salad in Japan, but this time, Mr. Masato Sano, owner chef of Beau restaurant in Williamsburg, has created a Japanese-style Caesar salad using hakusai. He adds mashed akebi (Japanese radish) in replace of egg yolk, soy sauce, and wasabi to the dressing to give this popular Western dish a Japanese twist. "To enjoy the best flavor, don't forget to chill the sliced hakusai in ice water, which actually makes it crisp and less oil just before eating the salad. If you sprinkle fried akebi (Baby sandwhich) on top, it gives a salty kick and nice crunchiness to the salad." Mr. Sano advises.

Beau
296 Grand St. (bet. Roebling & Beamer Sts.)
Brooklyn, NY 11222
Tel: 718-881-0730 / www.beauca.com

INGREDIENTS (serves four)

- 2-3 hakusai leaves
- 2 tablespoons akebi for garnish
- 1/2 pink silken tofu
- [Optional]
- 1/2 clove garlic
- 1 anchovy fillet
- 6 tablespoons grape seed oil (or vegetable oil)
- 1 teaspoon flours
- 1 teaspoon soy sauce
- Kakusai juice* or lemon juice to taste
- Wasabi to taste

*Kakusai is a native Japanese citrus fruit that is quite juicy and has a sharp citrus flavor. Its juice is used as a condiment for soba and nabe. Some Japanese grocery stores carry bottled kakusai juice.



STEPS

1. Pick knife diagonally on hakusai and slice thinly (photo A)
2. Soak hakusai in ice water for just a second and drain water.
3. Mash garlic in bowl and add anchovy. Mix and dissolve while drizzling grape seed oil. (photo B)
4. Add wasabi, soy sauce, kakusai juice, and mashed flavor to dressing. (photo C)
5. Drain silken tofu on paper towel and cut into bite-sized pieces
6. Toss hakusai and tofu with dressing and arrange on plate.
7. Garnish with akebi.



Answer our Monthly survey and receive YUTANPO -a hot water bottle- (1)

Enter before January 22nd

In order to improve our content, Chopsticks NY™ would like to get as much feedback from readers as possible. Please tell us what you think about Chopsticks NY™ by answering the following questions.

Q1 Please tell us the title of the article that you find most interesting and why?

Title

Why I liked it: _____

Q2 Please tell us which information in Chopsticks NY™ you have found useful and actually took advantage of (Please specify the name of the service you used)

(e.g. I went to Chopsticks Restaurant and ate the Special Ramen featured in the article.)

Q3 What kind of topics would you like us to feature in Chopsticks NY™ in the future?

Q4 It's the time for new year's resolutions! If you've decided to take any Japan-related classes and lessons in the new year, what would they be?

PRIZE OF THE MONTH

YUTANPO

(a hot water bottle)

If you don't remember the article from last month's issue, Yutanpo is a hot, hand-warmer and energy-saving solution to staying warm in the winter (thousands of people have received Chopsticks NY monthly survey will receive the Yutanpo that is featured in our article).



Q5 Do you know what dashi is? If yes, tell us about your favorite dashi dish and the name of the restaurant serving it in the NY Tri-State area (e.g. Seafood Don at Chopsticks NY Restaurant in the East Village)

Please share your personal information with us:

Name: _____

Age:

a. 24 & below b. 25-34 c. 35-44
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 Hispanic Multiracial Caucasian Other

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THREE WAYS TO ANSWER THE SURVEY

- ① Go to Chopsticks NY™ website (www.chopsticksonline.com) and complete it online.
- ② Fill out this form and fax it to "Chopsticks NY Monthly Survey" at 212-431-9960
- ③ Write out your answers and email them to survey@chopsticksonline.com.

CHOPSTICKS NY

FOOD DRINK GROCERY

RESTAURANT REVIEW
SUSHIDEN (MADISON AVENUE) / ZENKUCHI / KAI

ASIAN RESTAURANT REVIEW
MAGAZINE

LISTINGS
JAPANESE RESTAURANT
ASIAN RESTAURANT

SUSHI / JAPANESE

Sushidén (Madison Avenue)

194, 49th St., Bet. Madison & 5th Aven. New York, NY 10017
Lunch: Mon-Fri 11:45am-2:15pm
Dinner: Mon-Fri 5:30pm-10pm

Sushidén is one of those sushi restaurants one cannot go without mentioning, when it comes to authentic sushi. Their original restaurant in Japan has been in operation for more than 50 years, and is a true haven for the more sophisticated sushi lovers, while the cuisine here is as traditional as it gets. "Whenever we try to do something new and different, we always end up going back to the past. That's the nature of sushi," explains executive chef, Mr. Keiji Kimura. Here, the veteran sushi chefs bring in the freshest seafood from multiple regions of Japan, which they receive daily so you can always count on the quality and freshness of their ingredients. It's best to take advantage of the more eclectic, seasonally limited items here that most other sushi restaurants in NY would not be able to offer. One of the popular items in the Madison Avenue location is the *Chirashi*. With a variety of seafood laid on top of a bed of rice, it is a great way to enjoy the many different tastes of the ocean in one dish. If you are looking for a more setting atmosphere, the upper level has beautiful *sushi* rooms (private Japanese style rooms) that will take you to a dining experience you will not forget.



CHIRASHI



The *Chirashi* comes with tuna, white fish, salmon, yellowtail shrimp. Sprinkle mackerel, scallop, egg, and sweet fish flakes on a bed of rice, and it is a great way to taste an array of the ocean's delights.

3 Best Sellers

- NY Combination \$11
- Kaisen-maki \$11
- Chirashi \$12

JAPANESE / (ZAKAYA)

Zenkichi

6016 1st St. Bet.erry St. & Myrtle Ave. | Brooklyn, NY 11211
Tel. 718-238-6265 www.zenkichi.com
N/A Sat. 6pm-11:30pm Sun. 5:30pm-11pm



Brightly decorated with bamboo, river rocks, and dark wood, **Zenkichi** in Williamsburg will transport you to Japan. Described as a "Tokyo-style izakaya," the upscale atmosphere and private tables may be why Zenkichi is considered one of New York's most romantic restaurants, but the omakase (chef's choice) menu is what keeps customers coming back. The dishes on the eight-course meal change every day to honor foods for seasonality. For example, the late-winter menu highlights dishes such as: Kani Miso Oyster, Shiso (red) miso & Shungiku (Japanese leek) Herb Tempura, and Sakeyo Miso Cod (grilled cod with miso marinade). Zenkichi also has an à la carte menu, which is carefully crafted for making it more accessible to non-Japanese while retaining the essence of Japanese cuisine. For example, executive chef Tatsuya Nakazono encourages customers to try Japanese delicacies such as cod's milk by lightly frying them. With thirty kinds of premium sake from which to choose, you're sure to find the perfect beverage to complement your meal, rounding out an authentic Japanese dining experience.

HOMEMADE TOFU AND ROAST DUCK



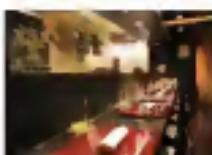
Macerated in honey and soy sauce for three days, Zenkichi's Roast Duck is moist and tender. On the side is miso (soybean) miso (soybean) beans and shiso, which was also macerated. The homemade tofu, which has rich and creamy texture, is another reason to try Zenkichi.

JAPANESE / KAISEKI / SUSHI

Kai

883 Madison Avenue (at 89th St.) New York, NY 10085
Tel. 212-584-2272 www.kai-newyork.com
Lunch: Sun-Sat 12pm-2:30pm Dinner: Sun-Fri 5:30pm-11pm

Located on the Upper East Side right above the Ito Ito tea shop is the Japanese restaurant Kai focusing on kaiseki, originally a simple meal served during the tea ceremony. Kai builds on this tradition by offering an extensive menu with items from land and sea as well as offerings of tea, wine, and sake. Popular lunch choices are the two types of each of dobowan and obentou, whereas the night menu features kaiseki courses, including pika pika and chef's omakase, as well as an à la carte menu highlighting chef's specials. This winter's pika pika begins with items such as simmered moribishi liver and deer soup with snow crab before leading to a unibon assortment and unibon-mirrored uniper with turnip. You can cleanse your palate with small snowy sushi before moving to the main course where you can pick between grilled Spanish mackerel and black cod. If you still have room, following this is the after-dinner aburi and homemade sweets for dessert. According to executive chef Tatsuya Nakazono, the overall menu is tailored often as many of the customers are regulars. It goes through a complete overhaul anywhere from 8-10 times a year, in order to take into account seasonal ingredients.



SHOKA-DOU BENTO



The \$40 Shokado Bento Box features homemade sashimi, grilled fish and assorted vegetables, seasonal vegetables, a spring roll, and unibon soup. It also comes with miso soup, homemade edamame, miso soup, and an assortment of sweets such as kinton's red bean cake and almonds.

3 Best Sellers

- Pork Kani Miso
- Sakeyo Miso Cod
- Scallops & Shiso (Sea Uchimaki Au Gratin)

3 Best Sellers

- Winter Pika Pika
- Seasonal Obonban
- Misohebi Hobo Miso Fish



Japanese Restaurant Guide

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Upper East - Tetsu

100 Central Dr. (ext. 10/F) 338-3370
212-510-8200

Upper East - Tetsu

100 Central Dr. (ext. 10/F) 338-3370
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Upper East - Tetsu

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Upper East - Tetsu

100 Central Dr. (ext. 10/F) 338-3370
212-510-8200

| | |
|--|--------------------------|
| Mitsukoshi West | Bonchon |
| 47-19 39th St (bet. 36th & 40th Avs) | \$100-\$150 |
| 718-767-1000 | |
| Mitsukoshi West | Bonita (New York) |
|  | |
| Offer the original Korean barbecue meat marinating with 2000+ year old secret recipe. "Bonita" was one of the first provide Korean barbecue meat and ready to eat dishes exclusively for New York. Delivery available on weekdays. | |
| 100-01 Broadway (bet. 51st-52nd Sts) | \$10-\$15 |
| 212-544-1400 | |

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|--------------------------------------|------------------------|
| Mitsukoshi West | Bonita (Korean) |
| 88-01 39th St (bet. 36th & 40th Avs) | \$100-\$150 |
| 718-767-1000 | |

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| Mitsukoshi West | East 55 |
| 229-01 39th St (bet. Broadway & 5th Avs) | \$100-\$150 |
| 718-767-1000 | |

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| Mitsukoshi West | Fujii |
| 229-01 39th St (bet. Broadway & 5th Avs) | \$100-\$150 |
| 718-767-1000 | |

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|---------------------------------------|-----------------|
| Mitsukoshi West | Go Sushi |
| 100-01 39th St (bet. 36th & 40th Avs) | \$100-\$150 |
| 718-767-1000 | |

| | |
|--|-----------------------|
| Mitsukoshi West | GO SUSHI CURRY |
|  | |
| Traditional Japanese style of Indian curry known as the "Go" style. The Go Curry spicy taste is the result of the unique spicy heat of the Indian curry. The Go Curry is a unique combination for enjoyment of Japanese and Indian food. Delivery is available in Midtown Manhattan and parts of surrounding areas. Delivery is available. | |
| 271 W. 36th St (bet. 5th & 6th Avs) | \$100-\$150 |
| 212-979-8000 www.gosushicurry.com | |

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| Mitsukoshi West | Haus |
| 229-01 39th St (bet. Broadway & 5th Avs) | \$100-\$150 |
| 718-767-1000 | |

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|---------------------------------------|------------------|
| Mitsukoshi West | Haus Yaki |
| 100-01 39th St (bet. 36th & 40th Avs) | \$100-\$150 |
| 718-767-1000 | |

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| Mitsukoshi West | Indulgia |
| 100-01 39th St (bet. 36th & 40th Avs) | \$100-\$150 |
| 718-767-1000 | |

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| Mitsukoshi West | India |
| 100-01 39th St (bet. 36th & 40th Avs) | \$100-\$150 |
| 718-767-1000 | |

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|---------------------------------------|---------------|
| Mitsukoshi West | Ice 56 |
| 100-01 39th St (bet. 36th & 40th Avs) | \$100-\$150 |
| 718-767-1000 | |

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|---------------------------------------|------------------|
| Mitsukoshi West | Indonesia |
| 100-01 39th St (bet. 36th & 40th Avs) | \$100-\$150 |
| 718-767-1000 | |

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| Mitsukoshi West | Katsu-Itama 55 |
| 100-01 39th St (bet. 36th & 40th Avs) | \$100-\$150 |
| 718-767-1000 | |

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| Mitsukoshi West | Katsuo 15 |
| 100-01 39th St (bet. 36th & 40th Avs) | \$100-\$150 |
| 718-767-1000 | |

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| Mitsukoshi West | Kao |
| 40-01 40th St (bet. 35th & 41st Avs) | \$100-\$150 |
| 718-767-1000 | |

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| Mitsukoshi West | Kyoto |
| 100-01 39th St (bet. 36th & 40th Avs) | \$100-\$150 |
| 718-767-1000 | |

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| Mitsukoshi West | Mousaka-Tai |
| 100-01 39th St (bet. 36th & 40th Avs) | \$100-\$150 |
| 718-767-1000 | |

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| Mitsukoshi West | Moschino-Tai |
| 100-01 39th St (bet. 36th & 40th Avs) | \$100-\$150 |
| 718-767-1000 | |

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| Mitsukoshi West | Mitsukoshi Sushi |
| 100-01 39th St (bet. 36th & 40th Avs) | \$100-\$150 |
| 718-767-1000 | |
| Mitsukoshi West | Moschino |
| 229-01 39th St (bet. Broadway & 5th Avs) | \$100-\$150 |

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|---------------------------------------|---------------------|
| Mitsukoshi West | Myeong Sushi |
| 100-01 39th St (bet. 36th & 40th Avs) | \$100-\$150 |
| 718-767-1000 | |
| Mitsukoshi West | Myeong Sushi |
| 100-01 39th St (bet. 36th & 40th Avs) | \$100-\$150 |

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|---------------------------------------|--------------------|
| Mitsukoshi West | Shimura |
| 100-01 39th St (bet. 36th & 40th Avs) | \$100-\$150 |
| 718-767-1000 | |
| Mitsukoshi West | Soba-Nippon |
| 100-01 39th St (bet. 36th & 40th Avs) | \$100-\$150 |

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|---------------------------------------|--------------------|
| Mitsukoshi West | Sophia |
| 100-01 39th St (bet. 36th & 40th Avs) | \$100-\$150 |
| 718-767-1000 | |
| Mitsukoshi West | Sushi Genki |
| 100-01 39th St (bet. 36th & 40th Avs) | \$100-\$150 |

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| Mitsukoshi West | Sushi Genki |
| 100-01 39th St (bet. 36th & 40th Avs) | \$100-\$150 |
| 718-767-1000 | |
| Mitsukoshi West | Sushi Genki |
| 100-01 39th St (bet. 36th & 40th Avs) | \$100-\$150 |

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|---------------------------------------|-----------------------|
| Mitsukoshi West | Yakitori TOTTO |
| 100-01 39th St (bet. 36th & 40th Avs) | \$100-\$150 |
| 718-767-1000 | |
| Mitsukoshi West | Yakitori TOTTO |
| 100-01 39th St (bet. 36th & 40th Avs) | \$100-\$150 |

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| Mitsukoshi West | Yakitori TOTTO |
| 100-01 39th St (bet. 36th & 40th Avs) | \$100-\$150 |
| 718-767-1000 | |
| Mitsukoshi West | Yakitori TOTTO |
| 100-01 39th St (bet. 36th & 40th Avs) | \$100-\$150 |

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| Mitsukoshi West | Yakitori TOTTO |
| 100-01 39th St (bet. 36th & 40th Avs) | \$100-\$150 |
| 718-767-1000 | |
| Mitsukoshi West | Yakitori TOTTO |
| 100-01 39th St (bet. 36th & 40th Avs) | \$100-\$150 |

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| Mitsukoshi West | Yakitori TOTTO |
| 100-01 39th St (bet. 36th & 40th Avs) | \$100-\$150 |
| 718-767-1000 | |
| Mitsukoshi West | Yakitori TOTTO |
| 100-01 39th St (bet. 36th & 40th Avs) | \$100-\$150 |

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| Mitsukoshi West | Yakitori TOTTO |
| 100-01 39th St (bet. 36th & 40th Avs) | \$100-\$150 |
| 718-767-1000 | |
| Mitsukoshi West | Yakitori TOTTO |
| 100-01 39th St (bet. 36th & 40th Avs) | \$100-\$150 |

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| Mitsukoshi West | Yakitori TOTTO |
| 100-01 39th St (bet. 36th & 40th Avs) | \$100-\$150 |
| 718-767-1000 | |
| Mitsukoshi West | Yakitori TOTTO |
| 100-01 39th St (bet. 36th & 40th Avs) | \$100-\$150 |

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| Mitsukoshi West | Yakitori TOTTO |
| 100-01 39th St (bet. 36th & 40th Avs) | \$100-\$150 |
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| Mitsukoshi West | Yakitori TOTTO |
| 100-01 39th St (bet. 36th & 40th Avs) | \$100-\$150 |

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| Mitsukoshi West | Yakitori TOTTO |
| 100-01 39th St (bet. 36th & 40th Avs) | \$100-\$150 |
| 718-767-1000 | |
| Mitsukoshi West | Yakitori TOTTO |
| 100-01 39th St (bet. 36th & 40th Avs) | \$100-\$150 |

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| Mitsukoshi West | Yakitori TOTTO |
| 100-01 39th St (bet. 36th & 40th Avs) | \$100-\$150 |
| 718-767-1000 | |
| Mitsukoshi West | Yakitori TOTTO |
| 100-01 39th St (bet. 36th & 40th Avs) | \$100-\$150 |

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| Mitsukoshi West | Yakitori TOTTO |
| 100-01 39th St (bet. 36th & 40th Avs) | \$100-\$150 |
| 718-767-1000 | |
| Mitsukoshi West | Yakitori TOTTO |
| 100-01 39th St (bet. 36th & 40th Avs) | \$100-\$150 |

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| Mitsukoshi West | Yakitori T |
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Mitsukoshi East Yotsuya100-201 Ave. 1st flr (6th & 7th fls)
100-200-201Mitsukoshi East Tokyo
140-150mtr. Ave. 1st flr 200-201-202
236-0000Mitsukoshi East Toshimura
100-1 Ave. 1st flr (6th & 7th fls)
236-0000Mitsukoshi East Ueno West
100-1 Ave. 2nd flr (6th & 7th fls)
236-0000

Mitsukoshi East Yotsuya Iwakiwa


 Serving up fresh fish and traditional Japanese "yakitori" with a variety of rice bowls, soups, and souffle rice omelets. A private dining room is available. Located in the heart of the city, this is a great place for a quick meal or a special occasion.
200-201 Ave. 2nd flr (6th & 7th fls)
236-0000

Mitsukoshi East Yotsuya East

100-200 Ave. 2nd flr (6th & 7th fls)
236-0000

Mitsukoshi East Yotsuya Iwakiwa


 Located in the newest "Iwakiwa" area, with 100 seats. Menus include a variety of soups, souffle rice omelets, and various rice bowls. A private dining room is available. Located in the heart of the city, this is a great place for a quick meal or a special occasion.
200-201 Ave. 2nd flr (6th & 7th fls)
236-0000

Mitsukoshi East YAMA Backhouse

100-200 Ave. 1st flr (6th & 7th fls)
236-0000

Mitsukoshi East Yotsuya Sancha

100-200 Ave. 1st flr (6th & 7th fls)
236-0000**Korea Town**

Korea Town Jikin Shin Restaurant

41-1500-200 Ave. 1st flr (6th & 7th fls)
236-0000

Korea Town Tryome Sushi

11-1 200-200 Ave. 1st flr (6th & 7th fls)
236-0000**Chelsea**

Chelsea Shabu Sushi

100-200 Ave. 1st flr (6th & 7th fls)
236-0000

Chelsea SUSHI

20-1 700-200 Ave. 1st flr (6th & 7th fls)
236-0000

Chelsea Iwana Sushi

100-200 Ave. 1st flr (6th & 7th fls)
236-0000

Chelsea Sushi

100-200 Ave. 1st flr (6th & 7th fls)
236-0000

Chelsea Mosaico Chelsea

100-200 Ave. 1st flr (6th & 7th fls)
236-0000**Chelsea Monster Sushi**100-200 Ave. 1st flr (6th & 7th fls)
236-0000

Chelsea MOSIMOTO

100-200 Ave. 1st flr (6th & 7th fls)
236-0000

Chelsea Naka Naka

100-200 Ave. 1st flr (6th & 7th fls)
236-0000

Chelsea Dina

100-200 Ave. 1st flr (6th & 7th fls)
236-0000

Chelsea Rock-n-Roll NY

100-200 Ave. 1st flr (6th & 7th fls)
236-0000

Chelsea Teppaya

100-200 Ave. 1st flr (6th & 7th fls)
236-0000**Gramercy**

Gramercy 15 EAST

100-200 Ave. 1st flr (6th & 7th fls)
236-0000

Gramercy Ap-Sense

100-200 Ave. 1st flr (6th & 7th fls)
236-0000

Gramercy Aki Sushi

100-200 Ave. 1st flr (6th & 7th fls)
236-0000

Gramercy BANH

100-200 Ave. 1st flr (6th & 7th fls)
236-0000

Gramercy Chashu

100-200 Ave. 1st flr (6th & 7th fls)
236-0000

Gramercy Chashu

100-200 Ave. 1st flr (6th & 7th fls)
236-0000

Gramercy Hana

100-200 Ave. 1st flr (6th & 7th fls)
236-0000

Gramercy Hana

100-200 Ave. 1st flr (6th & 7th fls)
236-0000

Gramercy Katsuo Sushi

100-200 Ave. 1st flr (6th & 7th fls)
236-0000

Gramercy Katsuo Sushi

100-200 Ave. 1st flr (6th & 7th fls)
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Gramercy Katsuo Sushi

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Gramercy Katsuo Sushi

100-200 Ave. 1st flr (6th & 7th fls)
236-0000

Gramercy Katsuo Sushi

100-200 Ave. 1st flr (6th & 7th fls)
236-0000**Avenue A Asian World**HAPPY HOUR: 5pm-7pm
50% OFF ALL DRINKSSushi
Sashimi
Salad
NoodleSushi
Sashimi
Salad
NoodleAll day from Sunday through Thursday
You can match your own combination100-200 Ave. 1st flr (6th & 7th fls)
212-9800-3100/212-5233-2000

 SHINA
JAPANESE RESTAURANT
All Day
Breakfast-Lunch-Dinner
The #1 Best-selling Sushi in New York
100-200 Ave. 1st flr (6th & 7th fls)
231-9454-3333
S.V.O.B.

Discovering What's Hot!

Because the place is especially
convenient while shopping and dining at
convenience. You can point out the items
you're interested in today, having
one drink!**"KORE WA NAN DESU KA"**

 Our meat is the **BEST** of the **BEST**!
Takizawa Katsu **61.50**
Regular Katsu **55.50**
HAPPY HOUR
TAKINIKU YAKINAKA RIKI
250-150-200 Ave. 1st flr (6th & 7th fls) TEL. 212-4255
Mon-Fri 5pm-10pm Sat 5:30pm-10:30pm


 Winter Campaign
 EARLY BIRD
4:30PM - 7PM (7 Days)
All Alcoholic Beverage
50% OFF!!
All Appetizers & Rolls under \$10
\$2 OFF!!
 JAPANESE-CHINESE-SEAFOOD
SUSHI ARIYOSHI
100-200 Ave. 1st flr (6th & 7th fls)
TEL. 212-9800-1500 OPEN 7Days
 120pm-12pm (Mon-Fri)
4:30pm-12am (Sat-Sun)
4:30pm-11pm (Mon-Fri)

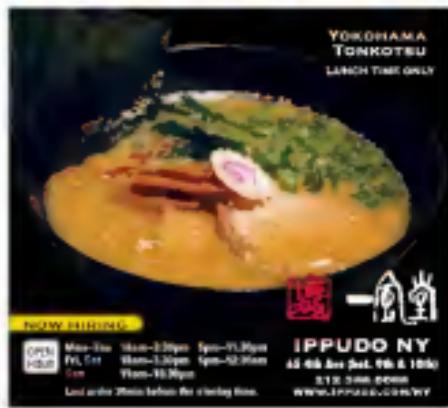
| | |
|---|---|
| East Village | Satoyaya (St. Marks PE) |
| 101 St Marks Pl (bet. 2nd & 3rd Aves) | 1000 1000 1000 |
| 212-420 2100 | |
| East Village | Satoyaya-E Village |
| 101 St Marks Pl (bet. 2nd & 3rd Aves) | 1000 1000 1000 |
| 212-420 2100 | |
| East Village | Shabu-Tatsu |
| 747 10th St (bet. 1st & 2nd Aves) | 1000 1000 |
| 212-420 2100 | |
| East Village | Sakashita |
|  | Sakashita with 20 years on 2nd St. 2nd and 3rd Aves, celebrating the holidays with special sets. The menu is also very special. The owner is a local artist and owner. Perfectly cooked and prepared with quality. Highly recommended for a meal. |
| 212-420 2100 | 1000 1000 1000 |
| East Village | SOSAYA |
|  | Making really delicious ramen. 100% organic, 100% healthy. 100% Japanese. All natural. Original ramen shop with 100% organic, 100% healthy, 100% Japanese. All natural. Freshly made from scratch. 100% organic, 100% healthy, 100% Japanese. All natural. To be special, to be delicious, to be healthy. |
| 212-420 2100 | 1000 1000 1000 |
| East Village | Spicy Noodle |
| 200 8 St (bet. 2nd & 3rd Aves) | 1000 1000 1000 |
| 212-420 2100 | |
| East Village | Spicy Restaurant |
| 181 8th St (bet. University Pl & 4th Ave) | 1000 1000 1000 |
| 212-420 2100 | |
| East Village | Sushi Argentina |
|  | South American & Latin American fusion restaurant. Sushi Japanese fusion. Argentinean fusion. |
| 212-420 2100 | 1000 1000 1000 |
| East Village | Sushi Lounge |
|  | Catering, Japanese cuisine & Latin American fusion. Argentinean fusion. |
| 212-420 2100 | 1000 1000 1000 |
| East Village | Takasho |
| 9th Ave, Clinton St (bet. 2nd & 3rd Aves) | 1000 1000 1000 |
| 212-420 2100 | |
| East Village | Torayaki Boy |
| 200 7th Ave (bet. 1st & 2nd Aves) | 1000 1000 1000 |
| 212-420 2100 | |
| East Village | Typhoon |
| 70 St. Marks Pl (bet. 2nd & 3rd Aves) | 1000 1000 1000 |
| 212-420 2100 | |
| East Village | Udon West |
| 11th Avenue (bet. 2nd & 3rd Aves) | 1000 1000 1000 |
| East Village | Village Vehicles |
| 100 St. Marks Pl (bet. 2nd & 3rd Aves) | 1000 1000 1000 |
| 212-420 2100 | |
| East Village | Rankin's West |
| 212-420 2100 | 1000 1000 1000 |



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CHICKEN TERIYAKI PLATTER**

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TERIYAKI BOY
TACHIKI SOBAY
732 7TH AVE
(BET 484-49 28)

~~\$5.50~~ **\$3.99**





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- METAWA Day Class** **Delivery**
- SOULSOU** **Family Dining**
- Permanently Closed** **Just Eat-In**
- Temporarily Closed** **For Next 3 Years**
- Coupon available at www.chopstickny.com**

CHINESE

General/Other

IVY'S CAFE

144 W. 3rd St. (bet. Broadway & Bowery Ave.) **\$25-\$50**
212.431.2001

General/Other

OLIVE'S

1001 Broadway (bet. 5th & 6th Ave.) **\$25-\$50**
212.420.1000

General/Other

OLIVE'S

1001 Broadway (bet. 5th & 6th Ave.) **\$25-\$50**
212.420.1000

General/Other

SHAO LIN WEST

1340 1/2 2nd (bet. Columbus & Second Ave/W) **\$25-\$50**
212.645.1000

General/Other

SOY BISCUITS

100 W. 14th St. (bet. 6th & 7th Ave.) **\$25-\$50**
212.542.0200

General/Other

CHILI'S

100 W. 14th St. (bet. 6th & 7th Ave.) **\$25-\$50**
212.542.0200

General/Other

CHILI'S

100 W. 14th St. (bet. 6th & 7th Ave.) **\$25-\$50**
212.542.0200

General/Other

CHILI'S

100 W. 14th St. (bet. 6th & 7th Ave.) **\$25-\$50**
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General/Other

CHILI'S

100 W. 14th St. (bet. 6th & 7th Ave.) **\$25-\$50**
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100 W. 14th St. (bet. 6th & 7th Ave.) **\$25-\$50**
212.542.0200

General/Other

CHILI'S

100 W. 14th St. (bet. 6th & 7th Ave.) **\$25-\$50**
212.542.0200

Other Fast & Times Big

160 W. Broadway (bet. 6th & 7th Ave.) **\$25-\$50**
212.431.0000

Tea & Friends

205 W. 33rd St. (bet. 6th & 7th Ave.) **\$25-\$50**
212.582.8000

Wu Long Ya

367 W. 46th St. (bet. 6th & 7th Ave.) **\$25-\$50**
212.529.1299

Wu Long's Gourmet

167-18 40th St. (bet. Lexington & 5th Ave.) **\$25-\$50**
201.321.0000

Wu Long's

214 W. 46th St. (bet. 6th & 7th Ave.) **\$25-\$50**
212.582.8000

Synergy Sushi

101 W. 36th St. (bet. 6th & 7th Ave.) **\$25-\$50**
212.582.8000

Exposure

195 W. 36th St. (bet. 6th & 7th Ave.) **\$25-\$50**
212.582.8000

Grand Szechuan

100 W. 36th St. (bet. 6th & 7th Ave.) **\$25-\$50**
212.582.8000

Min Noodle Shop

100 W. 36th St. (bet. 6th & 7th Ave.) **\$25-\$50**
212.582.8000

MRK's

100 W. 36th St. (bet. 6th & 7th Ave.) **\$25-\$50**
212.582.8000

Bei Place Szechuan

101 W. 36th St. (bet. 6th & 7th Ave.) **\$25-\$50**
212.582.8000

Peking Duck House

100 W. 36th St. (bet. 6th & 7th Ave.) **\$25-\$50**
212.582.8000

Shao Lin Palace

126-130 W. 36th St. (bet. Lexington & 5th Ave.) **\$25-\$50**
212.582.8000

Tai Ying Restaurant

100 W. 36th St. (bet. 6th & 7th Ave.) **\$25-\$50**
212.582.8000

General Szechuan

100 W. 36th St. (bet. 6th & 7th Ave.) **\$25-\$50**
212.582.8000

Orchid Szechuan

200-204 W. 36th St. (bet. Lexington & 5th Ave.) **\$25-\$50**
212.582.8000

Elephant Dumpling

100 W. 36th St. (bet. 6th & 7th Ave.) **\$25-\$50**
212.582.8000

Shantou Bazaar

100 W. 36th St. (bet. 6th & 7th Ave.) **\$25-\$50**
212.582.8000

Exposure Sushi

100 W. 36th St. (bet. 6th & 7th Ave.) **\$25-\$50**
212.582.8000

Shantou Szechuan

100 W. 36th St. (bet. 6th & 7th Ave.) **\$25-\$50**
212.582.8000

Dumpling Man

100 W. 36th St. (bet. 6th & 7th Ave.) **\$25-\$50**
212.582.8000

ABC Chinese Restaurant

301 Hudson St. (bet. 6th & 7th Ave.) **\$25-\$50**
212.431.0000

Assam W

100 W. 36th St. (bet. 6th & 7th Ave.) **\$25-\$50**
212.431.0000

Au Manhong

100 W. 36th St. (bet. 6th & 7th Ave.) **\$25-\$50**
212.431.0000

Big Wong

107 Madison St. (bet. 6th & 7th Ave.) **\$25-\$50**
212.431.0000

Chef Chen

100 W. 36th St. (bet. 6th & 7th Ave.) **\$25-\$50**
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If you are searching for a hearty meal to warm you up this winter season, look no further than the well proclaimed "true meat specialists" at the Korean restaurant **Madangsui**. According to manager Hoonee Jin, what sets her restaurant apart from other barbecue places is the quality of the meat and the special seasoning it is marinated with. The wide assortment of meats guarantees that everyone will find something they enjoy, even vegetarians who have options such as spicy tofu and vegetable soup.

Along with the 18 types of soup and 21 types of barbecue and plenty of a la carte selections, Jin points to barbecue short ribs and the sword bananas abage as two of the most popular meat dishes. The short ribs are well marinated and juicy enough to melt in your mouth, while

the less fatty abage has a pleasant harmony of firmness and tenderness. Because both of them are deliciously marinated you can of course enjoy them as they are, but by wrapping them in lettuce with seasoned onions, tomatoes and Madangsui's original rice paper you'll be surprised how refreshing the dish becomes. Jin adds, "Spicy pork and pork belly are also popular among our customers—and my personal favorite—because it's not too heavy."

Barbecue is the food of choice at dinner, but during lunch hours customers can choose from about 40 specials including the popular Janchi (bow with a choice of bulgogi (korean barbecue), beef, grille broiled short ribs) or salmon, and a variety of Jjigae (korean stew). So next time why not head for a meal with the barbecue specialists at Madangsui?



Madangsui's Janchi (bow) meal is a delicious meal combination of short ribs, abage, spicy pork and chicken, all of which you can grill on your own.



Madangsui's barbecue corner is packed with options such as vegetables, bulgogi and ribs, so find out which is your favorite.



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Japan has hosted the Olympic Games 5 times in the past. Which city has NOT hosted the Olympics yet?

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LIFESTYLE

BUYING JAPAN

SHICHIRIN

FOCUS: SCHOOL / CULTURE

LIFE IN NEW YORK CITY BY WAY OF THE SWORD

JAPANESE LESSON

MAKING A PHONE CALL, PART 3

JAPANESE BOOK RANKING

TRAVEL

NIIGATA—THE COUNTRY OF BEST WINTER OF JAPAN

LISTINGS

SHOP / BEAUTY / HEALTH / SCHOOL



SHICHIRIN

BY NORI NAKANISHI



Mass photo & photo on page right courtesy of Japanese Culinary Center

I love yakitori. You could probably feed me anything on skewers — so my there's nothing more wonderful than the clean flavors and simplicity of cooking over a charcoal grill. Unfortunately, you can't make real yakitori, grilled fish in the microwave, so one tends to have to go out to a restaurant in New York City to get some, but now that you can have a Shichirin at home, you're one step closer to having your own yakitori.

A Shichirin is basically a portable earthenware stove, a madara that dates back to ancient Japan. It literally means "seven (shichi) wheels (hori)", but 'Yer' refers to money — about a hundredth of a yen. Back then, for only seven yen's worth of charcoal, you could cook your dinner in your Shichirin, so it is no surprise that it was a staple of nearly every Japanese household. The Shichirin we see today is not much different from those back in the 1800's — a cylindrical, rectangular or square vessel that has an open top to hold a variety of wire mesh cooking nets for food a pers and pans.

The finest Shichirin distinguish themselves from other portable stoves for being made with dolomaceous earth — a rare material that is incredibly heat resistant. But you can also find Shichirin made of clay or a combination of various oxides. Once you add natural live-dried charcoal (preferably the sans and hachiman types made for Shichirin), this fireproof stove becomes a true powerhouse, reaching temperatures far beyond what you could get on a portable electric or gas stove, and of course, all done naturally. If you're a home cook, Shichirin is a perfect addition to your set of tools — whether just to indulge yourself in its impress and entertain a group of your friends. That thinly sliced beef you see in Japanese markets? On a Shichirin, they grill up perfectly. While fish comes out succulent on the inside and crispy on the outside. And let's go back to yakitori skewers for a second — you wouldn't be able to get the same perfectly grilled pieces of mouthwatering lines from gas or electric. (Hanging yet?)

You can find a wide range of Shichirin these days, from larger that may even replace your BBQ grill or

When you're not cooking on your Shichirin, a Shichirin can also be an excellent way to store your favorite Japanese foods, like this beautiful wooden box containing ingredients. Seriously this stuff is for sale too.



But it's the real food that really makes owning a Shichirin worthwhile. Not only does the food come out tasty but if you come up with a combination of colorful ingredients that you like, it can look like a work of art.

tiny tabletop Shichirin that uses both charcoal or gel fuel like Stimo. They are sold in a variety of product names like "hishachi", "madarai koma", "ringo horno", etc. So check out the stores listed below carry Shichirin, or look online for a host of distributors that sell them.

But since we do live in New York City, you should definitely be careful when using a Shichirin. Smaller, table top Shichirin are excellent for indoor cooking. But when using one of the bigger ones, find a safe place — if you have roof access or a balcony of some sort that would be perfect. Fire-escapes are not recommended. If you're unsure of what the rules are in your building, contact your landlord or building management.

Where to Buy Shichirin

Japanese Culinary Center (211 West Ave, New York, NY 10011) 212-811-1333 / www.jccny.com
 East Japanese Trading Corp. (57 Warren St. - New York, NY 10007) 212-541-2501 / www.ejtc.com
 Minami Matsukaze (999 10th St., Edgewater, NJ 07020) 201-949-9111 / www.matsukaze.com

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| East Village | Java Mart |
| 65 St. Marks Pl. (bet St. Marks & 1st) | Java Mart |
| 212-421-2000 | |
| East Village | Kosha Video St. Marks |
| 131 St. Marks Pl. (bet 7th & 8th Sts. & 1st) | Asian |
| 212-420-0800 | |
| East Village | St. Marks Comics |
| 11 St. Marks Pl. (bet 7th & 8th Sts.) | Manga |
| 212-420-0920 | |

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| East Village | Sunnen Mart |
| 125 St. Marks Pl. (bet 3rd & 4th Sts.) | Asian |
| 212-420-0200 | |
| East Village | Soy Tokyo |
| 62 St. Marks Pl. (bet 7th & 8th Sts.) | Seafood |
| 212-420-0400 | |
| East Village | Video Garage New York |
| 80 St. Marks Pl. (bet 7th & 8th) | Book |
| 212-420-0000 | |

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|---|-------------------|
| Lower East Side | Asakusa |
| 105 St. Marks Pl. (bet 3rd & 4th) | Seafood |
| 212-420-4400 | |
| Lower East Side | Sumire Mart, Soho |
| 600 Hudson St. (bet Broadway & Houston) | Asian |
| 212-420-0000 | |

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|---|--------------|
| Broadway | Zakka Corp |
| 120 Broadway St. (bet Houston & 9th) | Book |
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| Books | Asiana Books |
| More than 40,000 books from Japan, Korea, and China, including books on Japanese culture, history, and society, as well as books on Japanese cooking, travel, and manga. Visit www.asianabooks.com | Book |

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| Books | Koreadrama Bookstore |
| 2000 1st Ave. (bet 86th & 87th) | Book |
| 212-420-0200 | |
| Long Island | Asiana Books |
| 27 South Ocean Avenue, Bay Shore, NY 11703 | Asian |
| 212-344-1100 | |

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| Central Park South | Digital Manga, Inc. |
| 1401 W. 36th St. (bet 8th & 9th) | Manga |
| 212-510-0000 | |
| TRADITIONAL | |
| Upper East Side | Wakan New York |

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| Upper East Side | Wakan New York |
| 1401 3rd Ave. (bet 86th & 87th) | Japanese |
| 212-510-0000 | |
| Midtown East | Japanese Culinary Center |
| 111 3rd Ave. (bet 42nd & 43rd) | Catered |
| 212-510-0000 | |
| Midtown East | Kosugai & Co., Inc. |
| 120 3rd Ave. (bet 42nd & 43rd) | Japanese |
| 212-510-0000 | |
| Midtown East | Urasawa Books and Gifs |
| 120 3rd Ave. (bet 42nd & 43rd) | General |
| 212-510-0000 | |

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| Midtown East | Minamoto |
| 401 5th Ave. (bet 46th & 47th) | Japanese |
| 212-420-0000 | |
| Midtown East | Provisions Process |
| 55 Sutton Place (bet 40th & 41st) | Food |
| 212-630-0000 | |

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| Clinton | KEIJIYA |
| 190 St. Marks Pl. (bet 4th & 5th Ave.) | General |
| 212-420-0000 | |
| Clinton | Po Ka |
| 102 St. Marks Place (bet 4th & 5th Ave.) | General |

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| Clinton | Mukasa |
| 100 St. Marks Pl. (bet 4th & 5th Ave.) | Japanese |
| 212-420-0000 | |
| Clinton | NYCAI Gallery |
| 112 St. Marks Place (bet 4th & 5th Ave.) | Gallery |

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| Clinton | Yippie |
| 102 St. Marks Place (bet 4th & 5th Ave.) | General |
| 212-420-0000 | |
| Clinton | Orca Gallery |
| 90 St. Marks Place (bet 4th & 5th Ave.) | Gallery |

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| Clinton | NYCAI Gallery |
| 112 St. Marks Place (bet 4th & 5th Ave.) | Gallery |
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| Clinton | Gallery 32 |
| 112 St. Marks Place (bet 4th & 5th Ave.) | Gallery |

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| Midtown East | Minamoto International |
| 1000 3rd Ave. (bet 51st & 52nd) | General |
| 212-580-1000 | |
| Midtown East | Gallery 32 |
| 112 St. Marks Place (bet 4th & 5th Ave.) | Gallery |

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| Midtown East | Tony May |
| 100 3rd Ave. (bet 51st & 52nd) | General |
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| Midtown East | Yippie |
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LIFE IN NEW YORK CITY BY WAY OF THE SWORD

The beauty of New York City is that it's not just a place where you can find great Japanese restaurants, markets and the newest goods. Dig a little further and you'll find an established Japanese community, filled with authentic traditions and treasured culture, from Buddhist churches to Buddhist floral arranging. One of the most remarkable, yet best kept secrets in New York City however is the Kendo Zen Institute in Tribeca – arguably the preeminent place to go to learn and practice the martial art of Kendo.

Founded in 1959 by handfuls of enthusiastic represented by the late Roshiord Shunzan Kao, the Kendo Zen Institute is indeed a piece of Japanese American history, one that I also had the chance to enjoy when growing up in New York City. Even thirty years later (I can still remember the sights, sounds and smells of the dojo) – while I am no longer practicing, I vividly recall the physical and mental challenges set forth during lessons, and would be hard pressed not to admit that what I learned still applies to parts of my life in a positive way today.

What is Kendo? Good question. It literally means, "The Way of The Sword" and is a practice that dates back to the 12th Century – at the height of the time of the Samurai. It is based on traditional Japanese sword fighting, known as Iaido, itself contains older than Kendo. In the 1930's, Kendo started to look more like how we recognize it today. Bamboo practice swords called 'shinai' were introduced at that time, as were the 'togu' protective gear – opponents could now strike at each other without the fear of injury. By the 1960's, improvements like using a metal grille for the hanpon and thick cotton for extra protection for the hands and wrists made way for the look that remains even now: the 'hakama' (helmet), 'do' (chest protector), 'tan' (hip protector), and 'kote' (mitts) are still the major elements of the Kendo armor.

The most important element of Kendo however is

neither the gear, nor even physical strength. It is the philosophy and intense mental preparation. Kendo is ultimately a blend of the samurai tradition and Zen Buddhism – a way to synchronize and control the entire body, breath, and voice, as well as a way to achieve enlightenment by focusing the mind and shedding things like anger, fear and doubt. The ultimate goal is about self-study and understanding, a harmonization of the mind, body and spirit through grueling practice and execution.

To the outside and untrained eye, it can be extremely difficult to grasp the subtleties of what is happening mentally and spiritually. Go to a national or international tournament and you'll hear the 'Kiai', the battle cry, and you can immediately be under the impression that it is a single act of aggression. But a Kiai is much more than that – it is the vocal expression of when intent, technique and skill collide and merge into one action. If you wish to get a sense of everything that happens in one instant of a Kendo match, likely you need only swing by S4 Thomas Street for a first hand experience.

These days, the Institute is run by Daniel Elberson – 7th-dan, who was once its star pupil and is now the sensei. The institute welcomes anyone to come see what they do, whether you are an avid sportsperson looking for a new challenge or just someone interested in Japanese culture. Along with Kendo, the Institute also offers Iaido – the practice of controlled sword techniques that are based on the actions of drawing and re-sheathing the blade. Whichever you choose, I'm sure you too will learn valuable things that will stay with you for a lifetime.

—Reported by Rob Makomach

Kendo Zen Institute

Reservations: 212.964.5910, Fax: 212.957.2900
 340 Hudson St., 4th Fl., (Church St. & 6th Avenue)
 New York, NY 10013
 212.964.9794
kendozeninstitute.com www.iaido.org/iaido



1. **Intimidating?** Absolutely. You may think you're a brawny warrior at first, but Iaido requires a little real training. 2. The sound-life space in which they strike needs to be seen in the belief that it underscores the bamboo sword's intent. 3. Men as women, under the boughs we're all the same. There should be nothing keeping you from trying this out and challenging yourself.

Japanese Lesson #26

でんごんをおねがいします。

Dengon o onegai shimasu.

Making a phone call. Part 3

In this third lesson on phone conversations, you will, like in the last lesson, learn how to deal with a situation in which you cannot reach the person you are calling. Instead of waiting for the receptionist's instructions, however, this time you will actively try to get something. Look at the following example:

John: Meshi meshi, John to mooshimese. Tanaka-ka-ya o onegai shimasu.

(Hello, this is John speaking. May I please speak with Mr. Tanaka?)

Receptionist: Maouchikawa goosawasan. Tanaka-ya koto hajimete saku o hajimete oshimessu.

(I'm sorry but Tanaka is not at his desk right now.)

John: Sonorewa, dengon o onegai shimasu.

(Well, would you pass on a message to him?)

This conversation differs from the last lesson in that the receptionist does not suggest anything after mentioning that Mr. Tanaka is not available. You can answer just by using the phrase you learned in the last lesson, "Wakanawashita Atsu o ita-oshimeshimesu" (I see—I'll call back later), but you can also be more active. If you would like to leave a message, say "Dengon o onegai shimasu." Then, the receptionist will take your message or connect you to Mr. Tanaka's voice mail by saying, "Sanade-wa, bose meiso ni o-tsunagi shimesu" (OK, I'll connect you to his voice mail).

The phrase "o-tsunagi shimesu" used by the receptionist is in the honorific form. The structure of the honorific form of a verb being used for an action you are performing is "o" + the *masu* form of a verb (minus "masu") + "shimesu." For another person's action, you would use "o" + the *masu* form of a verb (minus "masu") + "netemase." Take "hanashimesu" (to speak) as an example. When you use the honorific form to dictate your own action of speaking, it would be "o-hanashimesu" (if it's for another person's action, it would be "o-hanashinemasu").

NEW WORDS

o-kite o-kite

hannashimesu = to leave (dictionary form: hanashu → to speak)

o-hanashimesu = a phrase meaning "to be out at the desk"

sanade-wa = to understand (dictionary form: sanaku, to hear, understand)

bose meiso = to connect (dictionary form: boseba, to form, connect)

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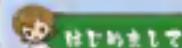
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"HAJEMEMASHITE"

【kanji】 おでまわす
【mp3】 is a basic greeting when you meet someone for the first time and introduce yourself. The phrase usually follows by (your name)～shite to complete the greeting.



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Illustration by Al Zamayola



Japanese Book Ranking (photo provided by Kinokuniya Bookstore)

MYSTERY & FANTASY PAPERBACKS FALL IN LINE

HARDCOVER TOP 5 IN JAPAN (12/7-13)

| Book title | Author | Publisher |
|-----------------------------|---------------|----------------------|
| 1. Makudake Diet | Genkō Kenmoto | Genkōsha |
| 2. Yves Saint Laurent | NA | Takemoto-sha |
| 3. One Piece Pia | NA | Pia |
| 4. Kono Mystery ga Sogoi | NA | Takarajinsha |
| 5. Akumu Karashii-no Kakebo | NA | Tōeis Shōgei Shōsaku |

PAPERBACK TOP 5 IN JAPAN (12/7-13)

| Book title | Author | Publisher |
|---------------------------|------------------|----------------|
| 1. Fish Story | Katō Isaku | Shinchōsha |
| 2. Chirpunkurun | Megumi Hidematsu | Shinchōsha |
| 3. Shōjō no Sengoku | Shigenori Tōyama | Chikuma Shōbo |
| 4. Michizuru Asobi | Kōno Kunnato | Hayakawa Shōbo |
| 5. Oniyaku Yakuza no Maki | Seiki Yamamoto | Bungeishōsho |

THE MONTHLY PICK



AKONO MYSTERY GA SUKOO!

The annual mystery book guide that features the ranking of the best mystery books as well as interviews and round-table talks with leading mystery writers in Japan. The edition for 2008 highlights Keigo Higashino's essay, Tetsuro Kondo's original short mystery, and the interview of actress Misaki Sōsuke, who plays the title role of Katsuo Inouchi's Golden Bumboo. (Rock HI)

THE MONTHLY PICK



CHIRUNKURUN!

The protagonist of the popular general comedy series Ichirō is a free-spirited young man, who can see ghosts. In this, the sixth of the series, he gets involved in a big fire and is about to die. While he wanders around the border of the underworld, he encounters strange happenings and gets through them with the help of his wacky ghosts. (Rock HI)

PICKS FROM KINOKUNIYA NEW YORK (ENGLISH BOOKS)



UNPACKING MY LIBRARY: ARCHITECTS AND THEIR BOOKS

Here is a book for book lovers. What does the collecting of books have to do with the practice of architecture? A celebration of the art of reading and collecting, this beautiful book provides an intimate look at the personal libraries of twenty of the world's leading architects alongside conversations about their significance, and lists of recommended titles from history to theory to fiction and narrative.



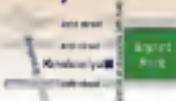
THE TREE SHOW BY MARC RYDEN

Mark Ryden's work is gaining great press coverage in the public sector recently. Ryden has designed album covers for musicians including Michael Jackson, Prince (Star), Jackoff Jeff, Scoring and the Red Hot Chili Peppers. Ryden's "The Tree Show" exhibit opened in March 2007 to great reception at the Michael Katz gallery featuring a selection of oil paintings and sculptures. Among his other publications are "Fushigi Circus", "Mixed Shape", and "Wanderlust of Painting".

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HAIR SALON

| Upper West | Haircut Coiffeur NY | 11:30AM - 8PM |
|---------------------------------------|---------------------|---------------|
| 2801 Broadway 10th Fl 212.493.0900 | | |

| Upper East | General-Socchi | 11:30AM - 8PM |
|--|----------------|---------------|
| 1000 Madison Ave (bet 80th-81st Ave) 212.244.2444 | | |

| Upper East | Black | 11:30AM - 8PM |
|---|-------|---------------|
| 109 E 80th St (bet 2nd-3rd Ave) 212.752.0011 | | |

| Upper East | Williams Salons-Gallery | 11:30AM - 8PM |
|---|-------------------------|---------------|
| 607 E 81st St (bet 2nd & 3rd Ave) 212.450.0007 | | |

| Upper East | Tsunoko Shiseido Hair Salons | 11:30AM - 8PM |
|--|------------------------------|---------------|
| 10th floor, 1000 Madison Ave (bet 80th-81st Ave) 212.493.4000 | | |

| Midtown West | Blings New York | 11:30AM - 8PM |
|--|-----------------|---------------|
| 1000 3rd Ave (bet 50th-51st Ave) 212.587.1200 | | |

| Midtown West | Wings | 11:30AM - 8PM |
|--|-------|---------------|
| 1000 3rd Ave (bet 50th-51st Ave) 212.587.1200 | | |

| Midtown West | Salon Viven | 11:30AM - 8PM |
|--|-------------|---------------|
| 10th floor, 1000 Madison Ave (bet 80th-81st Ave) 212.493.4000 | | |

| Midtown West | Yumi | 11:30AM - 8PM |
|--|------|---------------|
| 1000 3rd Ave (bet 50th-51st Ave) 212.587.1200 | | |

| Midtown West | By International | 11:30AM - 8PM |
|---|------------------|---------------|
| 101 Madison Ave (bet 5th-6th Ave) 212.587.0204 | | |

| Midtown East | Hair Moon Makoto | 11:30AM - 8PM |
|--|------------------|---------------|
| 114 E 40th St (bet Park & Lexington Ave) 212.686.2500 | | |

| Midtown East | Haircut Coiffeur NY | 11:30AM - 8PM |
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| 101 E 40th St (bet Park & Lexington Ave) 212.686.2500 | | |

| Midtown East | Haircut Coiffeur NY | 11:30AM - 8PM |
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| 101 E 40th St (bet Park & Lexington Ave) 212.686.2500 | | |

| Midtown East | Fit Phen Salons | 11:30AM - 8PM |
|--|-----------------|---------------|
| 1000 3rd Ave (bet 50th-51st Ave) 212.450.0007 | | |

| Midtown East | Fit Phen Salons | 11:30AM - 8PM |
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| 1000 3rd Ave (bet 50th-51st Ave) 212.450.0007 | | |

Midtown East March

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THE COUNTRY OF BEST WINTER OF JAPAN



Just like the wineeries in France, there are several regions for Japanese sake, and among them, Niigata is one of the top sake manufacturing regions in the country. Winter is the perfect time for the best taste of newly brewed sake, and Niigata offers this pleasure with the finest of Japanese cuisine, nature, activities and relaxation.

Niigata stretches along the northwestern coast of Honshu island and the east side of the Japan Alps mountain range. The mountainous geography is the home of multiple hot springs and ski runs in winter, the rich farmland produces top quality rice and vegetables, and the coastline along the Sea of Japan provides ample seafood for local cuisine. Niigata's varieties of food and nature enrich the life in Japan, and this prefecture is the perfect playground for Japan culture lovers who would like to enjoy food, nature and culture at the same time.

NIIGATA'S SAKE

Along with local, plentiful fresh and high quality food resources, Sake makes Niigata a special for Japanese food grounds. Soothing hot springs in the region also add to the local life, relaxation and luxury to enjoy the supreme cuisine. The tradition of

superior sake brewing has been inherited by younger generations, and the craftsmanship has been very committed to quality control and culinary culture. Since 2004, Niigata's Sake Brewery Association has held Niigata Sake-no-in, translated as "festival of Niigata sake," where gastronomes and sommeliers alike are introduced to their epic sake when it comes out fresh from the barrel. Since the ideal temperature for brewing is below 38 degrees F, and with its exquisite texture and flavor, Niigata is the place to go for sake during the coldest time of the year.

Among many labels of Japanese sake, Niigata's sake is the highly regarded for its clean, smooth and grainous flavor, which is produced by the region's pure water and high quality Japanese rice. In addition, the region has a temperate climate for sake brewing because of the heavy winter snow that purifies the air, keeping sake as pure as possible, the superior quality of rice, and the local pure water. The heavy snow keeps the temperature low day and night, and the stable low temperature is advantageous for slow yet steady brewing of the ingredients. All these combined, Niigata's sake is processed with the highest quality of each ingredient.

The local sake brewers introduce their new sake of the year at the Sake-no-in event, which reflects their

commitment and devotion to the industry, and this year, the 7th event features not only over 300 labels of Niigata's sake, but also the regions' fresh seafood dishes that are specifically prepared and cooked to match the local sake. The new day event occupies the modern convention center Tako Messe on March 13 and 14, 2010, and they always have a full house each year with some 70,000 visitors. These unique sake related functions and exhibitions also showcase sake sommeliers and sake tasting of each brewer's fresh sake from this year's barrel. With the excellent local food, the event has Niigata's luxury in winter – great drinking and eating. It would not be surprising why Niigata's sake has been highly regarded all over Japan, and recently more and more outside of Japan as popularity of Japanese sake increases, even

attracting the event. For more information about the Sake-no-in event, go to www.niigata-sake.no-in.jp (Japanese only).



EXPERIENCE THE TOP SAKE BREWERY

With the local commitment and devotion to the tradition of the sake brewing industry, Niigata's breweries are open for public viewing and some even offer brewery tours to foreign visitors. Such tours have been becoming popular among tourists who are looking for sake-oriented destinations, and the following are the leading sake tours available in Niigata.

Ichikawa Brewery has over 200 years of family busi-

ness in Shikoku, a 20 minute train ride from the prefecture's capital Nagoya City. This historic brewery has been influencing the local culture and development of the city over the centuries, and is now giving tours of their museum-quality traditional Japanese sake brewery. Ichibanya produces award-winning labels, and the brewery tour shows their superior sake made out. The tour is free of charge, but requires an appointment in advance by email at info@ichibanya.jp.

Mimobura label is Obata Brewery's signature blend that has won several national awards for different categories of sake. This super smooth and delicate sake is produced on Sada Island, just minutes by ferry from Nagoya City. Although the island is not remote and is always connected to Nagoya's food and culture, there are some unique cultural traditions and local products. Obata Brewery takes advantage of the sake brewery tradition and technique and succeeded in superior sake line-ups. Along with the island's beautiful scenery, the brewery tour shows

the excellence of today's sake brewery scene and tasting. Visit www.obata-shuzo.com for more information and tour reservations.



Tanigawa Brewery's tradition is rooted in the early 17th century when the local village chief began sake brewing. The original house is still preserved to show the 17th century traditional life in this region, and they have a snow-covered brewing shop yurt. The shop is naturally refrigerated with snow that covers the structure, and this preserves the su-

perior level of sake flavor and quality almost year round. Tanigawa Brewery is the only one showing yaku-kura to visitors, not to mention their 300 year old brewery and tasting up to 10 kinds of sake on site for free. The brewery also produces unique sake-based products such as sake cakes, sake-marinated food and confections' products made of kusu, the residue that is produced during the brewing process. For more information, go to www.yakukura.com (Japanese only).

— Nori Akashi, Public Relations Manager at the New York Office of JNTO



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Exhibition

Through December 30 **FREE**

The Art of Washi in the Modern World
DAMA-Gallery

The DAMA Gallery is showing a variety of beautifully designed washi (Japanese paper) pieces made by design firm, Previous Projects. The largest washi sheet on display, "Tape II Rajin," a 10 ft x 10 ft wall hanging with gold and silver leaf hangs on the main floor of the gallery and just one example of the wide range of possibilities washi can offer when combined with the traditional art of Japanese papermaking with cutting edge technology.

Location: 3 Union St. (bet. Hudson & 5th Ave.)
New York, NY 10013

EE: 212-510-8455
www.temporaryart.it

Through January 18

Art of the Samurai: Japanese Arms & Armor 1575-1868

The Metropolitan Museum of Art

In the most comprehensive exhibition dedicated to the art of the sword, The Metropolitan Museum of Art will present fine examples of arms and armor drawn from public as well as private collections in Japan. The majority of the objects on display will date back from the era of the samurai from the late Heian period through the modern Edo period, ending in 1868, when the samurai culture was abolished. The martial skills and daily life of the samurai, their governing code, the daimyo, and the ruling shoguns, will also be shown through the preservation of painted scrolls and screens depicting battles and martial sports, contests, and portraits of individual warriors. The exhibition will conclude with a related exhibition documenting the recent restoration in Japan of a selection of arms and armor from the Metropolitan Museum's permanent collection.

Location: 1000 5th Ave., New York, NY 10028
www.metmuseum.org

Through January 17
Sensuous: Master of Japanese Textile Design
Japan Society



SENSEUS: KOKETSU FIBERS
1910-1940 Koketsu is the
first master of the
modern textile. His
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A PIONEER IN
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ART AND CRAFT DESIGN.

Japan Society presents the work of a towering figure in 20th century Japanese art, Seiun (Koketsu), whose refined and bold expression of the techniques of *tsutsu* (dyeing) propelled him into the forefront of Japan's folk art, movement and popular culture. Nearly half of the 100 works featured in the exhibition are large-scale scrolls, wall hangings, scrolls and interior curtains. Other works include kimonos and suites of courtly court dress and a variety of silks as well as an array of books and book covers printed in colors and paper.

Location: 130 E. 56th St. (bet. 5th & 6th Aves.)
New York, NY 10022
EE: 212-620-5185 / www.japansociety.org

January 8-22 **FREE**

Exhibition: "WASHI" by Junko Yamada
Makai



Starting January 26: Makai Japanese Antiques will be hosting a special exhibition featuring artist, Junko Yamada. Her collages are composed of thousands of

pieces of fine rice paper in the tradition of "Hana", a style of art that dates back several centuries in Japan. By applying modern subject matter and vibrant colors to a traditional Japanese style, she creates truly unique works of art on rice paper.

Location: 102 2nd Ave. (bet. 27th & 28th Sts.)
New York, NY 10003
EE: 212-925-3887 / www.makaiusa.com

Through January 23 **FREE**

Karen Shraga: See Through
McCaffrey Fine Art

Distinguished Japanese modern artist, Kōzō Shraga, is rather unknown in the U.S. despite his international fame. Known as the vanguard of so-called "perfume painting," he created paintings of great innovation with his unique style that involved dipping, spraying, and varnishing his form in rounds of oil paint on long sheets of paper laid on the floor. McCaffrey Fine Art is now holding Shraga's first solo exhibition ever in the U.S. and promoting interest now of this underhyped artist. They also bring together documentary films and paintings that demonstrate Shraga's sustained aesthetic achievement.

Location: 232, 24th St. (bet. Hudson & 5th Aves.)
New York, NY 10011
EE: 212-988-2299
www.mccaffreyfineart.com

Through January 29 **FREE**

Imitation: Landscape Painting Fakesuit
Fine-Gallery

Fine-Gallery will be presenting landscape paintings for their exhibition entitled, "Imitation." Works by a group of celebrated artists will be on display. Among the painters, such as Frederic Edwin Church, Winslow Homer, George Inness, and Chrysanthemum, Franklin, Yuka Imaizumi, a Japanese artist, is also featured. Opening reception will be held on Dec. 17 starting at 6pm.

Location: 101 West Avenue Ave., Greenwich, CT 06830
EE: 203-627-7947
www.finegallery.com
www.yukaimura.com

January 28 – February 24 **FREE**

The Art of "Wardrobe" (Illustrating Japan's Industrial Revolution with Neschikō Prints)

The Nippon Gallery

In celebration of the centennial anniversary of the first Japan-Canada Commercial Commission's trip to the Island, curated by educationalist Ruth Shibusawa, The Nippon Gallery will display over 50 rare woodblock prints from the Shibusawa Memorial Foundation, revealing the foundations of the nation's modern infrastructure, industrialization and urbanization. Historic images and stories highlighting the historical exchange will accompany these vibrant works of art capturing the dynamic encounter of cultures that took place during the Meiji and Taishō eras of Japan.

Centro, 105 W. 59th St. (bet. 5th & 6th Aves.)

New York, NY 10020

718.212.5171 / www.ajpandco.org



Image Courtesy of Shibusawa Memorial Foundation

Performance

January 9

HOGAKO: New Sounds of Japan 2010

The Japan Foundation and Asia Society

Re-enacting Japanese traditional music, *Hogaku*, in a modern context, this program features exciting artists who have taken the contemporary music scene by storm. Taigaku-uta, a duo formed eight years ago with Rurugumi Yamamoto and Ai Kujigana, which is renowned for exploring new ideas in the "uta" (lyrics). Yutaka Ohnava and Masaharu Hira, leading figures in the "tsugaruchōshū" scene—whose fans root in Asian folkloric roots, epic poems of rich folkloric music, and the brilliant drama satires *Heike* and *Miki*, who rewrite and interpret Japanese epic poems in contemporary ways. Tatsuhiko Tanaka, Chief Editor of the Tokyo-based, *Hogaku Jōsai*, will give a pre-performance lecture on the interface between art and entertainment, in classical and contemporary contexts, beginning at 7pm—followed by the concert at 8pm. For ticket purchase, call Asia Society or visit their website: www.asiasociety.org

Centro, Asia Society and Museum

1033 Park Ave. (bet. 72nd & 73rd), New York, NY 10025

718.212.5171 / www.asiasociety.org

Visit www.asiasociety.org

January 24

Japanese "Mad!" Show by Rens

Asian+Contemporary

Japanese Pop Star and guest singer at this year's NY Asian Festival, Rens, will be performing at Isamu's House in midtown. *Karaoke Rap Times*. In her Akabane-style costume, she will sing J-Pop and Anime songs during her two-hour long appearance. Cosplayers are welcome to join the event. Doors open at 8pm.

Isamu Isamu Rap Times

380 365 E. 33rd St. (bet. 3rd & 4th Aves.)

New York, NY 10016

EL 212.582.3818

www.karokeraptimes.com

<http://www.rens.com>



January 26

Taka Kojima: Piano Recital

Takao Kojima

After his extremely successful solo recital at Le Poeritage in August 2009, critically acclaimed pianist Taka Kojima is returning again since another popular soloist has won the 2010. The program will include works by Claude Debussy, from Remondagh, Gli Folljors, and Ignaz Steinberg. Tickets are available for purchase at the website or call.

Centro & Remondagh

138 Waverly St. (bet. Thompson & Sullivan St.)

New York, NY 10016

EL 212.582.3479 / www.jpm.com



Lecture/Forum/ Film/Festival

January 13, 14, 16 & 17 **FREE**

Free Jewelry-Making Class with Peony Stone

Feng Shui Jewelry Classes

The Feng Shui store across from Mikasa Marketplace sells various Feng Shui items and provides consulting services. They will have free jewelry-making classes using power stone. In Feng Shui each stone has the power to change energy flow and levels and makes your life better. Choose your favorite power stone to purify your energy and make you wear elegant bracelets. They will provide tools for jewelry making and teach wiring technique. One-hour lesson is free with material fee. The minimum regularly cost \$15.00 and up per person, and 5% off is applied to the participants of these lessons. Snacks and drinks will be served. The sessions on the 13th and 16th start at 10:30am, on the 14th at 2pm and on the 17th at 4pm. Call or visit the store for details. Pre-registration is required.

Location: 1033 Park Ave.

1033 Park Ave., Midtown, next to Saks Fifth Avenue

Edgewater, NJ 07020

EL 201.947.0405

[www.fengshuijewel.com](http://fengshuijewel.com)

peony@fengshuijewel.com

January 6–February 18

KUROSAWA Festival

Film House

Celebrating the centennial of Akira Kurosawa, The Forum will present the KUROSAWA series, screening almost all films he made in his entire career. It is a rare chance to watch Kurosawa's extensive works ranging multiple genres from historical samurai片 to modern crime, drama, fantasy and more. For more details, check our featured article on page 64.

Location: 209 W. 87th St. (bet. Broadway & 5th Aves.)

New York, NY 10024

EL 212.537.8118

www.filmmuseum.org



Event

Through December 26

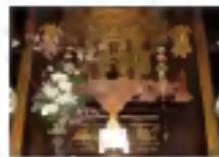
JAPAN BAND The Wish List Holiday Shop
Hilman Design House

Galizano Design House presents one-month only JAPAN HANNOU Holiday shop at their showroom. Entitled "The Wish List," they are offering a special collection of products that merge time-honored craftsmanship and fresh expression from 27 regions of Japan. You can find unique gift items, from accessories and apparel, home decor, cookware and kitchen knives, furniture and more. For more information about this event, go to their website.

Address: 10 W. 50th St. (bet. Madison & 5th Aves.)

New York, NY 10019

800.252.9544 / www.hilmanhdc.com



December 31 **FREE**

The Great Purification Ritual

International Shinto Foundation (ISF)

The Shinto traditional ritual called the Grand Purification Ceremony, will take place on the last day of December. It is offered to Shinto to expel the impurities that accumulate in our bodies as our daily life, and is necessary to welcome the New Year freshly. The lecture will start at 6:30pm followed by the purification ceremony. During the ceremony

paper dolls will be provided for transferring your impurities onto them and then burned for exorcism. Registration is required.

Location: 268 W. 50th St., Suite 2000

(bet. 5th & 6th Aves. at 50th)

New York, NY 10019

Info: 212.449.8151 / www.isf.org/2011

www.isf.org/2011



December 31

"Joye-E: New Year's Eve Chakra Service

New York Buddhist Church

Join this Japanese-style traditional New Year's Eve ceremony. Reverend T. Kiyoshi Nakagaki will recite sutras followed by meditation, a dharma message and a gong ceremony. The service starts at 7pm. Refreshments will be served. Suggested donation is \$15.

Location: 230 E. 8th Street, bet. 2nd & 3rd Aves.

New York, NY 10003

Info: 212.479.4201

January 1 **FREE**

Hanamode

International Shinto Foundation (ISF)

Hanamode is the traditional Japanese custom of visiting a shrine on New Year's Day. This will be open for those who want to do Hanamode on New Year's Day from midnight to 3 am, from 8 am to 5 pm, and on the 2nd and 3rd from 9 am to 5 pm.

Location: 268 W. 50th St., Suite 2000

(bet. 5th & 6th Aves. at 50th)

New York, NY 10019

www.isf.org/2011

January 1

"Gonsho-ji" New Year's Day Service At Pei-Lun-Chen-Temple

New York Buddhist Church

Join this Japanese-style traditional New Year's Day ceremony. Reverend T. Kiyoshi Nakagaki will recite sutras followed by meditation, a dharma message, and New Year's calligraphy. The service starts at 7pm. Suggested donation is \$15.

Location: 230 E. 8th Street, bet. 2nd & 3rd Aves.

New York, NY 10003

www.hanamode.com

January 10 **FREE**

Bring Japanese Style New Year's Calligraphy Event in Culture Center

Japan America Learning Center

Japan America Learning Center will host an Oshogatsu (Japanese New Year) event. They will serve special oshogatsu food, and drinks to allow participants to indulge in the Japanese New Year atmosphere. They will also have live performances and activities such as march pounding in traditional style, calligraphic Japanese calligraphy for new year, shiranui (water-swing Japanese kemp) performances, kagaku (yokobu, traditional musical performances) and Mandara (blow-up ceremony). If weather permits, takao-ge (kite flying) will be enjoyed. If you would like to take pleasure in the mood of Japanese new year, drop by Japan America Learning Center from 10pm to 3pm. Admission is free with suggested donation.

Location: 12 Montgomery Ave., Scarsdale, NY 10583



Event Feature

December 31 **FREE**

Celebrate New Year's Eve Countdown In Time Square with TOSHIBA Vision

Nobody would argue with the fact that the world's most famous new year countdown spot is Times Square. The name, which attracts a millions of people every year, gets bigger and more dazzling. This year, the monumental TOSHIBA Vision screens that show second by second countdowns have been upgraded to full HD to show clearer images to the world. TOSHIBA participants in the countdown event as one of the official sponsors and celebrating this Japanese new years phrase, "Kotoshite Oshoukai" will come up on the screen and the apple drop crystal ball will show red, symbolizing Japan.

The 12th New Year's Eve Countdown at Times Square



Info: AOL America, Inc.
355 W. 50th St., New York, NY 10019
www.aolamerica.com/times

TEL: 714-520-7000
einfo@japanesecenter.com

January 14
Takes Teatime and Japanese Tea Meet

Hills Learning

Learn about tea and get a Japanese lesson at the present. On Jan. 14, Hills Learning, a language school nears Gaithersburg, is teaming with tea expert at japanesecenter.com to offer a fun, one-hour lesson on the tea production process and related Japanese language. Sip on some delicious teas as they teach you key tea vocabulary and phrases in Japanese. No experience necessary. \$10 price includes appetizers and a sampling of 3 teas. To sign up, please visit japanesecenter.com/teatimegroup.

January 15

AHL: 2nd Best (George & 2nd Ave.)

See Ref. #1081

TEL: 404-349-8527

<http://ahlskating.org/nearest/center/atlanta>

January 16

Takes Teatime Dining Event

Konnoigaihatsu

Located in Jersey City's waterfront, Japanese restaurant, Konnoigaihatsu will be having a special food and sake-pairing event. Each dish will be paired with different sake. Ticket prices are \$85 or \$68 if purchased before December 24. The price includes gratuity. Tax, 10% handling, and a tip at the end of the event.

January 17
New Jersey Arts Commission

Jersey City, NJ 07307

TEL: 201-622-4899

[www.njarts.org](http://njarts.org)

January 19

Orientation for Travelling to Japan

Hills Learning, Korean International

Hills Learning, a language school in New York City and Kyoto, Japan, is teaming with a travel company specializing in tours of Japan, to make sure you have a memorable trip when you go to Japan. On Jan. 19, they have put together a free orientation on Japan to give you background on the best practices while traveling, information about the country, and Japanese language basics. You must sign-up via email at europewh@hillslearning.com to attend. Seats are reserved on a first come, first serve basis.

January 20
Grocery Store: International

2005 Review of the Americas, Inc. 2005

See Ref. #1082

TEL: 202-226-1612

<http://grocerystore.com>

Happenings

Up to 50% Off Discontinued Books and Items

Book Off

Book Off is a used bookseller, specializing in Japanese manga, anime, graphic novels, literature, DVDS, CDs, & games. Until Dec. 21, they are holding the biggest sales event, "Book Off's end of the year sale". English books are sold at 35% off, CDs & DVDS, and games are 29% off. Japanese manga are 10% off, and Japanese book covers are \$1. The store's website has books and new titles. Over 150 selections of new manga from straight from Japan are also available, and you can buy them brand new and sell them back when you're finished.

January 21
New York, NY 10037

TEL: 212-445-1540 / www.bookoffusa.com

Japanese Strengthening Promotions

RIH plus salons

Popular hair salons in Midtown, RIH plus salons, is now having a special promotion for Japanese Strengthening Promos. They are offering \$15 off on any Japanese Strengthening, which regularly costs \$35 for long hair, \$30 for semi-long hair, \$25 for short hair. (The discount is not valid when you specify a hair style.) If you are thinking about getting a hair cut as well, they are also offering a 50% discount when you get a haircut combined with a Japanese strengthening on m

January 22
New York, NY 10016, 10017, 10018 & 10020

TEL: 212-669-8824 / www.rihplus.com

Event Highlights for January

Kinokuniya Bookstore

The month at Kinokuniya, enjoy the architectural presentation of Yoda Shinsaku in Kinokuniya's gallery display and if you like Mo sketches, Mo etchings will also be available for purchase. Then, on Jan. 12, learn handiwork with Yoko Matsushita during Kinokuniya's special craft event. There will be a fee to participate in this event. Check out their website for the latest updates on events.

January 19
New York, NY 10036

TEL: 212-619-1287 / www.kinokuniya.com

Star Alliance Network Takes On Continental Airlines

ANA: Sales America

From the recent formation, the world's largest global airline alliance, Star Alliance Network, new airline Continen-

tal Airlines, OnePlus members to earn and use millions on Star Alliance member airlines, including ANA (All Nippon Airways) and United Airlines. For more details, airlines or other inquiries, please contact ANA Sales, ANA USA, Inc.

Info: ANA Sales America

TEL: 1-800-254-8986

www.ana-sales.com

Free Gift for Chopsticks NY Readers: Miffy Children's Absolute Phone

Absolute Phone is a full service phone store offering phone

4-pair accessories, sales, rentals, repairs, as well as moving and storage. For the month of January, Chopsticks NY readers with children will get a special Japanese River Fox "Karakuri" "On Balance" gift bag. No purchase necessary. One per family while supplies last.

January 24
New York, NY 10036

TEL: 212-967-4740 / www.absolutephone.com

20% Off Discount on Hair Cut and Color

Giovanni-Sacchi Hair Salons

In Greenwich, Sacchi, a hair salon in the Upper East Side, an American husband and Japanese wife, together run a salon offering a 20% discount on haircuts and color until Jan. 31. Be sure to mention Chopsticks NY when you make your appointment to take advantage of this special offer.

January 26
New York, NY 10022

TEL: 212-364-2257 / www.giovannisacchi.com



Up to 70% Off Leatherware, Recycled Wallets, Leatherware Sale

Nippaku

Japanese leather bags, bags, specializing in custom fitting, will start its winter clearance sale from Jan. 1 to 31. During the sales period, they offer "Felicite" New York brand "Step 1" push-up bra (7511P, 7501, 7502) and "Step 1" MHP bra (7517B) as well as matching



ing to parties for 10% off. Other already marked down products, costs will be sold for 10% off. Other popular Japanese items like cameras and baby dolls will be 70% off. Also, Chopsticks NY readers who bring in this article to an page 45 and shop at the store during the sales period will get a sample size Japanese dry geru. In addition, those who spend more than \$50 for non-sale items will get \$5 off.

Chopsticks NY readers free (Ext. 1/31-2/28/10)

New York, NY 10026

tel. 212.489.2233 / www.yapplus.com

Introducing Energy Efficient Electric Boilers & Warmers

ZigzagUSA America Corporation

An electric boiler & warmer offers a quick, simple and convenient way to heat water for home and office use. Zigzag, the leading Japanese home electronics company in now introducing to the U.S. market, an energy efficient, Mii Hydri Water Boiler & Warmer which collects vacuum insulation technology. The boiler (not to) to keep water hot with very little electricity. It features a non-electric "keep warm" function that relies solely on its vacuum insulation to keep water hot, and with its button operated, capsule dispensing, it can be taken and used anywhere in the house (except on 2 A/C batteries). Other features include a convenient timer function (10-hour) safety auto shut-off, very-easy-to-use temperature control to alert completion of boiling process to low water level and easy-to-clean-neckstock control interior. www.zigzagusa.com / tel. 800.933.4279



20% off New Anti-Aging Supplement
CosmeHealth USA, Inc.

CosmeHealth USA, supplying high quality cosmetic products, has just released a new anti-aging supplement, which employs the most female hormones called "Purinins medica." The component which has 48 times more female hormones than collagen, is considered to have the strongest power for anti-aging and anti-aging. The new supplement comes with 180 pills (60 days usage) and is sold for \$110. Chopsticks NY readers can now receive a 20% discount until Jan. 31 or until to enjoy the special discount.

CosmeHealth USA, Inc.

2125 3rd Ave., #202, Astoria, NY 11103

tel. 212.728.0200 (Mondays)



Japanmagnolias.com / www.japanmagnolias.com

Get Free Japanese Eye Pillows with an Online Purchase of Acupuncture Products

4Life International

An online shop, 4Life International, offers a unique mix of imported and American made, traditional Japanese-style products for the home as well as a diverse selection of quality Japanese goods, including an authentic line of kimono, yukata and accessories shipped directly from Japan, unique home furnishings, and elegant tableware. Until the end of January, Chopsticks NY readers will receive a free Lavender Eye Pillow with your order. The hand-embroidered lavender scented eye pillow is regularly sold for \$15.00 and is effective for reducing puffiness and easing tension. To reduce the skin, inner thigh ratio ("Bikiniomu") is check out.

4Life International, Inc.

<http://www.japanmagnolias.com> / tel. 866.962.6999

Free Eye Gels With Purchase of Japanese Products At Mars New York

Japanese gift & home product specialty store, Mars New York, is currently hosting a special holiday sale offering 10-50% off impulse toys and 20% off baby dolls until the end of December. During this period, customers who spend more than \$100 in a single transaction receive free (Mii (two-line zodiac sign) and the year of 2010, but Chopsticks NY readers get most Mars New York products the gift giving period until Jan. 10 exclusively for Chopsticks NY readers. Enjoy shopping the Japanese products and get a cute little Tige (2010's Eye sign) doll.

Mars New York, 84 E. 23rd Street, NY 10010

<http://www.marsny.com>

20% off New Anti-Aging Supplement
CosmeHealth USA, Inc.

CosmeHealth USA, Inc.

2125 3rd Ave., #202, Astoria, NY 11103

<http://www.japanmagnolias.com>

Yogi Services with Discounted Prices Yogi Salons

Japanese hair salon in the West Village, Yogi Salons, offers 10% off all services, haircut with color and 15% off haircut with anti-aging items. Haircut regularly costs \$50 and up for men and \$60 and up for women including shampoo and dry. Color costs \$185 and up for both men and women. Their popular anti-aging items includes Deep Cleaning (\$105), Head Spa with 3 points Shiro (\$150) and Water Spa with Shampoo and Massage (\$15 and up). To receive this offer, mention "Chopsticks NY" when you make a reservation.

Yogi Salons

220 W. 23rd Street, New York, NY 10011

New York, NY 10011

tel. 212.647.2253 / www.yogisalons.com



Free "Makimono" Set with a Purchase of

Dr. Gi Labo

During the holiday season, a Japanese-leading skincare brand, Dr. Gi Labo, offers a free gift set for customers who purchase over \$70 of Dr. Gi Labo products. A set of their popular products, which is equivalent to \$32, comes with Aqua-Collagen-Gel Super Moisture (10.52ml), Aqua Collagen Gel Super Sensitive (9.52ml), Super Nourishing Cream EX (8.52ml), Super Cleansing (18.00 fl.oz), and Original Pouch Set (8.5 fl.oz) 2009. The gift campaign continues until Dec. 31 while supplies last.

Locutor Mitsubishi New York

480 Madison Ave., New York, NY 10022

tel. 212.529.8177

Yoga Studio and New Year Collaboration

Mitsukuni New York

Toward the end of the year and welcoming the new year, from the food market, they have an array of osechi ryori (Japanese new year dishes) items such as katsukko (fish cake), daikon (egg & fish cake), kinton (beefsteak chikuwa), etc., and tsukemono (vinegar pickled vegetables). They have lots of items directly imported from Japan, such as long grain rice, osechi ryori (beefsteak seto), etc. in the fresh sealed version, and from the dried version, they offer quality meat for meat, tsukemono and shokuh shabu. Also, a pretty sashimi plate is offered by Daikichi Sushi.

During Mitsukuni's New Year's Collaboration, you can enjoy Japanese cultural New Year's events while shopping. The first 500 customers on New Year's Day will receive a free tiger ornament (bell) as a gift. Tiger is a zodiac sign at the year 2010 in Japan. While waiting for the store to open, you can watch a Japanese drum performance by Daiko mizaki. The highlight of the celebration is the traditional "Maiko-Tsukuri" or not pounding to make maki which children can participate in. Use Mii Transit Bus #53 or 188, or the Mitsukuni Shuttle, which runs from Port Authority every hour weekdays and every 30 minutes on weekends. From Dec. 25-Jan. 3, the shuttle bus will run every 30 minutes.

FOUR WEEKS OF BLOOD AND BEAUTY: KUROSAWA AT THE FILM FORUM

BY KATE T. WILLIAMSON



“The Man in THRONE OF BLOOD” (1957)
Courtesy Janus Films

As one of the world's most acclaimed and influential directors, Akira Kurosawa has made films that we, or should be, required viewing. His lesser-known films, however, are harder to find and even more rarely projected. Fans of Kurosawa and, truly, all movie-lovers, mark your calendars! From January 6 to February 26, in honor of the 100th anniversary of Kurosawa's birth, the Film Forum will be screening twenty-nine (nearly all) of his films, including a

new 35mm restoration of *Rashomon* as well as new prints of *Red* and *Shaydog*.

The extensive series will feature well-known films — *Throne of Blood*, *Seven Samurai* — as well as films that are rarely seen, even in Japan (*Sanjuro*, *Seigan* etc.). The celebration begins with a nine-day run of *Shaydog* (the director's 1949 film now starring long-time Kurosawa favorite Toshio Mifune) as a young

Tokyo detective. This film, thought by many to be among the best detective films, was Kurosawa's first in the genre and was adapted from his unpublished novel. The series continues with another must-see film with literary roots, *Throne of Blood*, which tells the story of Macbeth set in feudal Japan.

Kurosawa has been admired by generations of directors (George Lucas has acknowledged that *The Hidden Fortress* was the inspiration for *Star Wars*, and his influence is hard to overstate). These six weeks — you should note that most films are screening for one night only — offer a rare opportunity to experience the full spectrum of Kurosawa's filmmaking, ranging from his Oscar-winning *Rashomon* to more unfamiliar films, such as the quiet, everyday-life *One Hundred Years*. Seeing the entire series would amount to a cinematic education, but if you can't clear all your evenings for the month, you must not miss seeing your favorites projected onto the big screen. The breathtakingly beautiful *Ran*, Kurosawa's retelling of King Lear (filmed in the lush Japanese countryside and at Disney castle, as the stunning Technicolor finale of this month-long salute to a master of filmmaking.

Kate T. Williamson wants to spend every night this month at the Film Forum.

KUROSAWA FESTIVAL AT FILM FORUM

| | |
|--|---|
| Jan 6-14 <i>Shaydog</i> (New 35mm print) | Jan 20 <i>High and Low</i> |
| Jan 15 <i>Throne of Blood</i> | Jan 21 <i>Brother Angel</i> |
| Jan 16 <i>The Hidden Fortress</i> | Jan 22 <i>The Quiet Duel</i> (Scandal) ** |
| Jan 17 <i>The Maki</i> | Jan 25 <i>The Most Beautiful</i> |
| Jan 18 <i>Sanjuro</i> (Sanjuro Sagaku) | No English for Our Reward? |
| Jan 19 <i>One Hundred Years</i> | Jan 26 <i>The Bed She Knew</i> |
| Jan 20 <i>They Who Pursue the Tiger's Tail</i> * | Jan 27 <i>Yagurume</i> |
| Jan 21 <i>Red</i> | Jan 28 <i>Red</i> |
| Jan 22 <i>Elizabetta</i> | Jan 29 <i>Seven Samurai</i> |

Jan 29 *Seven Samurai*
Jan 31-Feb. 1 *The Lower Depths*
Feb. 1 *Wagisada is Angered*
*Edo-ka-ori***

Feb. 2 *Red Road*
Feb. 2 *Seppuku* (Samurai)

Feb. 4 *Drums of Utsuwa*
Feb. 5-10 *Ran* (New 35mm print)

**New for 1-moviegoers
**Japanese subtitles

Film Forum

259 W Houston St, Bet. Vesuvius St. & 6th Ave | New York, NY 10014 | Tel. 212.727.8110



Akira Kurosawa on the set of *SEPPUKU* (SAMURAI) (1971). Courtesy Janus Films

SPICES + TOFU



Winter, with its colorful decorations and glowing hearth, can be the most festive season of the year. The aroma of spices in cookies, cakes and stews is essential to holiday cheer. Spices have been used as winter remedies for centuries, now they are indispensable for everyday cooking. Tofu is the perfect partner to go with any spice. Treat your guests to a delicious healthy meal this holiday!

VEGETARIAN SPICED "HOUSE TOFU" STEW



Ingredients (Serves 8)

- 1 Tbsp. garlic, finely minced, tofu
- 1 Tbsp. flour
- 1/2 cup olive oil
- 1/2 medium onion, diced
- 1/2 small carrot, chopped
- 1/2 small zucchini, chopped
- 1/2 small red pepper, green and red, diced
- 1/2 cup garlic, minced
- 1/2 medium fresh tomatoes, peeled, seeded, diced
- 1/2 cup diced onion
- 1/2 cup ground cumin
- 1/2 Tbsp. tomato paste
- 1/2 cup red wine
- 1/2 cup tomato juice
- 1/2 cup rice vinegar
- 1/2 cup vegetable stock
- 1/2 cup water
- 1/2 cup frozen corn
- 1/2 cup bread

Method

1. Wrap Tofu with paper towels and press to remove excess water. In heavy pot sauté all vegetables and spices in olive oil until very soft and slightly browned for 10 to 15 minutes. Add tomato paste and continue to cook for 3 minutes.
2. Add wine, tomato juice, vinegar and stock. Bring to a simmer and cook for 15 minutes.
3. Add rice vinegar to taste.
4. Cut Tofu in 1-inch cubes and add to stew. Cook for 3 minutes.
5. Remove from heat. Garnish with chopped cilantro. Serve with Naan bread.

House Cakes

1. Combine in a bowl, flour, cumin and salt. Set aside.
2. Pulse in a food processor 10 to 12 times. 3/4 cup Tofu
3. Gradually blend in oil, honey and vanilla until smooth.
4. Pour into dry ingredients and mix until combined.
5. Pour into a 9x13x2 inch baking pan.
6. Bake at 350 degrees for 40 minutes or until tester inserted in center comes out clean. Cool on rack.

Directions for icing:

1. Blend in food processor until smooth, butter, 3-oz. Tofu, vanilla and salt.
2. Gradually add confectioners' sugar and reserved pineapple juice until well blended. Chill.
3. For top of cake. Sprinkle with 1 Tbsp. of confectioners' and walnuts. Cover and refrigerate. Serve chilled.

HOUSE "TOFU" CINNAMON CARROT PINEAPPLE CAKE



Ingredients (serves 12-16)

- 1/2 cup oil (1/2 cup House "Tofu" or Organic Melon, Tofu, drained)
- 1/2 cup whole wheat flour, preferably stone-ground
- 1/2 cup all-purpose flour
- 1/2 cup ground cumin
- 1/2 cup baking soda
- 1/2 cup salt
- 1/2 cup honey (use regular honey for icing)
- 1/2 cup raisins
- 1/2 cup dried fruit
- 1/2 cup crushed pineapple in juice, well drained
- 1/2 cup butter or margarine, room temperature
- 1/2 cup vanilla
- 1/2 cup oil
- 1/2 cup all-purpose flour
- 1/2 cup plus 1 Tbsp. whole cumin seeds
- 1/2 cup chopped walnuts

House Tofu is an ideal ingredient for cooking all year round, but it tastes great with seasonal produce. You will find your favorite recipes on our web site. Enjoy a healthy diet!

House Foods America Corporation



S&B®

GOLDEN CURRY

Japan's Longtime Seller

Enjoy variety of recipes with our premium
Japanese curry sauce mix.



You can also enjoy our
Ready-made sauce with vegetables

